DAILY EXPRESS
WE'RE BACKING BRITAIN
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FRIDAY, APRIL 19, 2019 65p

ANOTHER MOUNTAIN TO CLIMB FOR MAY

...at least it's not as big as the Brexit one!

SEE PAGE 5

The fashion nightmare every woman dreads, by Carole Malone

SEE PAGES 20&21

NHS BATTLE PLAN TO SAVE MILLIONS OF LIVES

Lifestyle changes to solve health crisis

EXCLUSIVE By **Giles Sheldrick** Chief Reporter

THE NHS is declaring war on unfit Britons.

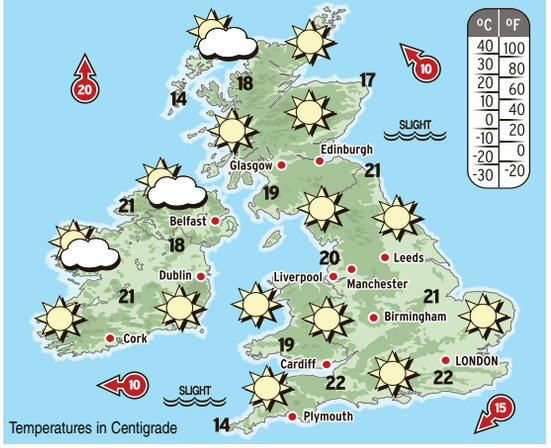
The battle cry comes as experts warn that laziness is killing one in six of us. Overweight and unhealthy Britons must start to exercise or face an early grave, said Health Secretary Matt

TURN TO PAGE 4

The Queen...happy and glorious in yellow

SEE PAGES 6&7

Weather forecast



North West: Dry with long sunny periods and only a few patches of cloud. Gentle easterly winds. Warm. High 21C (70F).

Northern Ireland: It will be dry and fine with sunny spells and patchy cloud. Gentle southerly winds. Warm. High 18C (64F).

Wales: It will be dry and warm with long spells of sunshine. Gentle south-easterly winds. High 22C (72F).

Midlands: It will be a dry and fine day with plenty of bright sunshine. Gentle easterly winds. Warm. High 22C (72F).

North East/Yorks: It is forecast to be a dry day with blue skies and spring sunshine. Light winds. Warm. High 20C (68F).

Scotland: It will be mostly dry and sunny, although a few light showers are possible. Gentle winds. High 22C (72F).

East Anglia: A dry and fine day with plenty of spring sunshine. Gentle easterly winds. Warm. High 21C (70F).

London/South East: Dry and fine with lengthy spells of sunshine. Gentle north-easterly winds. Warm. High 23C (73F).

South: A dry day with clear skies and bright sunshine. Gentle north-easterly winds. Warm. High 23C (73F).

South West: Fine and dry with long periods of spring sunshine. Moderate easterly winds. Warm. High 21C (70F).

Channel Isles: It will be dry and fine with lengthy spells of sunshine. Moderate easterly winds. Warm. High 19C (66F).

Sea: North Sea: Moderate. Irish Sea: Moderate. Channel: Moderate.

UK OUTLOOK TOMORROW: A foggy start for some. Later, it will be dry, sunny and warm for most. Mostly cloudy in Scotland and Northern Ireland with rain in the northwest.

SIX-DAY FORECAST Temperatures in Centigrade

	SAT min	SAT max	SUN min	SUN max	MON min	MON max	TUE min	TUE max	WED min	WED max	THU min	THU max
London	8	25	9	23	11	22	12	20	10	20	11	20
Belfast	9	18	9	17	8	16	8	16	8	15	8	15
Birmingham	8	22	8	21	10	20	10	19	9	18	9	18
Cardiff	10	22	8	22	11	21	11	20	9	18	11	17
Glasgow	8	17	10	17	8	17	7	18	8	17	9	16
Manchester	9	22	10	21	11	21	10	20	9	18	9	17
Newcastle	7	20	8	17	7	18	7	15	7	16	7	16
Norwich	6	18	6	18	10	18	10	17	8	18	9	17
Plymouth	9	19	9	18	11	16	10	15	9	14	9	14

Britain yesterday

24 hours to 5pm	SUN (hrs)	RAIN (ins)	TEMP (min)	TEMP (max)		SUN (hrs)	RAIN (ins)	TEMP (min)	TEMP (max)
Aberdeen	10.4	0.00	6	13	Glasgow	5.9	0.00	3	16
Aberporth	9.3	0.00	9	19	Hull	10.8	0.00	4	15
Alnwick	11.0	0.00	3	10	Ipswich	11.2	0.00	6	18
Belfast	8.2	0.00	7	16	Leeds	8.2	0.00	6	19
Birmingham	8.3	0.00	6	20	Lincoln	8.4	0.00	6	18
B'mouth	7.8	0.00	7	22	London	11.0	0.00	8	22
Bristol	8.3	0.00	9	20	Manchester	5.4	0.00	8	19
Cardiff	9.0	0.00	10	18	Oxford	6.5	0.00	7	20
Durham	10.2	0.00	6	17	S'hampton	9.7	0.00	11	20
Edinburgh	7.5	0.00	6	13	St Andrews	9.7	0.00	7	10

Moon, sun and tides

MOON rises: 8.06pm, sets: 6.27am
SUN rises London: 5.57am, sets: 8.03pm
Manchester rises: 6.00am, sets: 8.16pm

Last Quarter 26 April

HIGH TIDE

London B'ge	(2.24am), (2.49pm)
Liverpool	(11.55am), (-)
Greenock	(1.14am), (1.14pm)
Dover	(-), (12.03pm)

Britain Extremes: (24 hours to 2pm yesterday)
Warmest: Wiggonholt 22C (72F)
Coldest: Aboyne -3C (27F)
Wettest: Kirkwall 0.01in.
Sunniest: East Malling 13.4hr.

Lighting-up times

Belfast	8.34pm-6.10am	Glasgow	8.30pm-6.00am
Birmingham	8.12pm-5.59am	London	8.03pm-5.55am
Bristol	8.13pm-6.04am	Manchester	8.16pm-5.58am
		Newcastle	8.17pm-5.52am

Europe forecast

Today			Tomorrow		
Amsterdam	Sunny	22C/72F	Amsterdam	Sunny	22C/72F
Brussels	Sunny	23C/73F	Brussels	Sunny	23C/73F
Dublin	Sunny	19C/66F	Dublin	Fair	17C/63F
Frankfurt	Sunny	24C/75F	Frankfurt	Sunny	25C/77F
Geneva	Fair	20C/68F	Geneva	Sunny	21C/70F
Lisbon	Showers	16C/61F	Lisbon	Fair	24C/75F
Madrid	Showers	14C/57F	Madrid	Fair	21C/70F
Paris	Sunny	24C/75F	Paris	Sunny	24C/75F
Rome	Sunny	20C/68F	Rome	Sunny	20C/68F

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IPSO Regulated

I'm having a good day!

Trump jubilant at Russia probe conclusions

From **Daniel Bates** in New York

THE US Attorney General vehemently denied that President Donald Trump colluded with Russia or obstructed justice as he released the Special Counsel's full report yesterday.

William Barr said that the "bottom line" was that nobody on Mr Trump's team worked with the Kremlin to win him the 2016 election.

After the news was announced a jubilant Mr Trump told reporters at the White House that he was "having a good day".

He added: "This should never have happened… This should never happen to another president again."

And he later bragged about his innocence in a Tweet with a Game Of Thrones-style image of himself with the words: "No collusion. No obstruction. For the haters and the radical Left Democrats: GAME OVER".

Mr Barr said that Mr Trump did not obstruct justice because he was "frustrated and angered" that Democrats were trying to impeach him. The President had a "sincere belief" that the Special Counsel Robert Mueller's investigation was "undermining his Presidency".

But Democrat House Speaker Nancy Pelosi tweeted: "Attorney General Barr's partisan behaviour has triggered a crisis of independence and impartiality".

Jubilant or smug… Mr Trump yesterday and his Game Of Thrones pastiche

Outcry at police bid to close cell blocks

By **Paul Jeeves**

CASH-STRAPPED police chiefs have been criticised over plans to close cells amid fears it will turn beat officers into "glorified taxi drivers" as they ferry prisoners about.

Officers in Buxton, Derbyshire, have decided to close the town's custody suite as part of a cost-cutting exercise.

Instead officers will have to drive detainees to police stations in Greater Manchester or Chesterfield.

Despite a public outcry, police chiefs are pushing ahead with the plans claiming the cells are underused and a £600,000 saving can be made.

Yet the move comes as the area is being turned into a target for "county lines" drug dealers.

Just days after the announcement officers carried out a string of raids in the Peak District market town targeting drug crime and arresting 19 people, leaving the soon-to-be-closed custody suite full.

Derbyshire has joined a number of other forces to claim new Government guidelines ensuring two staff are on duty at all times, even if no cells are in use, have made custody suites "resource intensive". The force says it can no longer keep the 13 cells at Buxton's Silverlands police station operational.

Ruth George...We see more criminals

Instead it is proposing that detainees should be driven by two officers to cells up to 25 miles away.

Last week during a heated public meeting Derbyshire Police was accused of "running down" the numbers of detainees at Buxton's police custody suite to justify its closure.

But Derbyshire's Deputy Chief Constable Rachel Swann said the cells were staffed by a sergeant and a detention officer "24/7" while a third of the time there were "no prisoners at all".

Derbyshire's Police and Crime Commissioner Hardyal Dhindsa said posts would be created at Chesterfield to speed up the booking-in process allowing officers to return to duty more quickly.

The meeting heard the force had lost 400 officers since 2010 due to £40million budget cuts.

Ms Swann said: "Buxton is a big population and we do not want to move out of here. We want police visible to the community and we will have a visible presence for the people of Buxton."

Last summer Derbyshire police briefed local Labour MP Ruth George about the rise in county lines dealing in the Peak District. She had pressed for the cells at Buxton to be retained after residents opposed the plan.

But she admitted: "In spite of cuts to their numbers, our excellent police help us to keep High Peak as one of the safest places in the country and I want to support them with that.

"But we are seeing more criminals coming across our borders so I want to see more police helping to make more arrests."

OPINION 12 CROSSWORDS 35 LETTERS 44 TV 45 STARS 53 CITY 55 SPORT 58

Picture: GRAHAM HUNT/BNPS

Kyle Smaldon with eagle Winnie on the sands and inset top, two gulls polish off a stolen ice cream. Above, Lyme Regis beach

WHERE SEAGULLS DARE NOT GO!

Eagles hired to see off birds stealing treats

By **News Reporter**

TRAINED bald eagles are being brought in to defend a resort's tourists from marauding gulls.

Two enormous birds of prey, named Winnie and Kojak, will be patrolling the beaches of Lyme Regis in Dorset to try to prevent visitors from having their fish and chips and ice creams stolen.

The scheme, welcomed by local traders, will see two handlers stroll along the promenade of the Victorian resort with the predators on their arms.

Their mere presence is enough to stop hundreds of seagulls from swooping down, tests have shown.

The eagles are set to be kept on patrol throughout the summer months. Mark Green, deputy clerk of Lyme Regis Town Council, said: "We have had an extensive gull problem for some time now and have tried several means of discouraging them from landing.

"It's not just them stealing people's food. We've had reports of them attacking families unprovoked which has been very scary for those involved.

"I can definitely see the eagles being used over the summer.

"It is certainly not inexpensive so we can't do it every day but maybe during the busiest times."

The eagles, which have a 7ft wingspan and weigh 10lb, are provided by Dorset firm, Xtreme Falconry.

Falconers Martin Ballam and Kyle Smaldon care for the birds of prey.

Mark said: "The way it works is that the gulls see the low-level threat and stay at a distance.

"It allows people to enjoy their food in peace and everyone on the beach is that little bit safer.

"You're never going to scare all of the gulls away, that's just nature, but if we can do our bit to help out then we're happy.

"We're not harming the gulls and this is an ecologically friendly way of dealing with the issue."

A holidaymaker finds her beach fish and chips ruined by an invading gull

Not everyone is DIY genius

Don't be a DIY dummy this holiday weekend

By **Hanna Geissler** Health Reporter

ANYONE desperate for an excuse to avoid DIY or gardening this weekend should look no further.

NHS figures reveal hospitals treated more than 10,000 people who wounded themselves doing home improvements in the past 12 months.

There were almost 4,800 admissions in England for injuries from drills and other power tools – a rise of seven per cent compared with three years ago. Medics also dealt with 6,372 people who tumbled from ladders and more than 500 who had fallen foul of a lawnmower.

Dr Cliff Mann, NHS England's national clinical adviser for A&E, urged those bitten by the DIY bug this Easter to be careful.

He stressed that there were plenty of alternatives to accident and emergency for minor injuries, such as urgent treatment centres.

"While there are plenty of ways to come a cropper with your DIY, fortunately there are also plenty of places to get help," Dr Mann said.

"Tens of thousands more appointments will be available in GP practices over the long weekend than last Easter. Pharmacists can also offer expert help. Advice is available online and over the phone from the NHS 111 service."

Separate figures on patients seen by hospital consultants show men are far more likely to be victims of DIY disasters than women.

In the 12 months to March, consultants saw 5,000 men who had fallen from a ladder, compared with 1,260 women.

DXIST

Farage in blast at Ukip's 'thugs and extremists'

By **Martyn Brown**
Senior Political Correspondent

NIGEL Farage yesterday accused Ukip of being "thuggish" and lurching towards extremism as his former party's European election launch descended into acrimony.

Mr Farage – who led Ukip for nine years and now fronts the Brexit Party – said Ukip had "gone down the wrong path" since he quit in 2016.

He said Ukip leader Gerard Batten's association with far-Right activist Tommy Robinson had destroyed the party.

Mr Batten sparked fury at Ukip's manifesto unveiling by sharing a stage with controversial candidates.

One, Carl Benjamin, refused to apologise for telling Birmingham Labour MP Jess Phillips in a 2016 tweet: "I wouldn't even rape you."

He told journalists: "I'm not apologising for anything, you dirty, dirty smear merchants."

Mr Benjamin added: "I think we should treat women the same as men. If a woman is being a giant ***** and laughing at male suicide, I'm going to be a giant **** back to her."

Another Ukip candidate, Scottish comedian Mark Meechan – aka Count Dankula – was fined £800 in 2018 for filming a pet dog giving Nazi salutes. He said: "I want to protect people from having their rights infringed upon in regards to freedom of speech."

Mr Batten said: "I'm not condoning any jokes or any ill-considered remarks, but this is what they are."

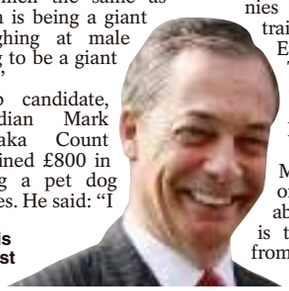
He added that "the vast mass of people out there couldn't care less".

Speaking about Ukip on Sky News, Mr Farage said: "It's not just Tommy Robinson, it is the entourage around him. A distinctly thuggish unpleasant element to it, and it just doesn't work."

He added: "I did talk about issues like immigration but I did it leading a party that did not have any associations with extremists."

Mr Batten hit back: "Ukip is the authentic party of Brexit. It [the Brexit Party] is a vehicle to put one man in the limelight and a few cronies back on the EU gravy train." Britain will stage European elections if Theresa May's withdrawal deal is not ratified by MPs before the May 23 vote.

Tory MP Jacob Rees-Mogg said: "I think the one really good thing about it [the Brexit Party] is that it has taken votes from Ukip now Ukip is allied to Tommy Robinson."



Mr Farage said his old party Ukip 'just doesn't work'

Blunt leads fresh Brexiteer bid to ditch 'biased' Bercow

By **Sam Lister**
Deputy Political Editor

BREXITEERS have launched a fresh attempt to oust Commons Speaker John Bercow over his alleged Remainer bias.

Former Tory minister Crispin Blunt has been rallying support for a no-confidence motion amid speculation Mr Bercow will stay in post until after the Brexit deadlock is resolved.

Mr Blunt said: "Even his most partisan supporters for the positive changes he has delivered as Speaker do not now seriously dispute his bias in the conduct of our affairs.

"The holder of this great office decides which MPs can speak in the House of Commons chamber during debates and selects the amendments that MPs vote on, giving the Speaker the effective power to shape legislation."

A no-confidence vote will not trigger formal action but would be highly embarrassing for Mr Bercow. A similar attempt by Tory MPs in 2017 fizzled out – but anger has increased after a series of rulings that allegedly favoured opponents of Brexit.

Retail boom despite Brexit woes

CONSUMERS continued to ignore concerns about Brexit to send retail sales surging in March figures show.

Sales were up 1.1 per cent on February – well above expectations of a fall of 0.3 per cent, the Office for National Statistics said.

Department stores were the only type of retailer to suffer a drop in sales – of 0.3 per cent – year on year.

Figures for the first three months of the year show sales grew by 1.6 per cent on the previous quarter. Stores noted the mild spring helped boost sales compared with last year's Beast from the East.

Ed Monk, at Fidelity International, said: "Today's retail sales data show households willing to spend more.

"That reflects a slow recovery from a decade-long wage squeeze and, perhaps, a willingness to look through the apparently never-ending uncertainty that is Brexit."

Run for your

FROM PAGE ONE

Hancock last night. Sedentary lifestyles are as dangerous as smoking, experts say. Health chiefs believe Britons are 20 per cent less active than in the 1960s.

The cost of the resultant health problems in the UK is put at £7.4billion a year and is placing unbearable strain on the NHS.

Medical professionals are now adopting a new approach, "social prescribing" by steering patients away from medication and encouraging them to take up running, gardening and other exercise forms.

Mr Hancock, writing exclusively for the Daily Express, said: "Most of us, whatever our fitness or our age, can benefit from being more active.

"If we do nothing the physical and mental impact on individuals and the financial cost to the NHS will become ever greater.

"We have a shared responsibility for our health. The NHS has a duty to look after us and help us live healthier lives but we all have a responsibility to look after ourselves better.

"The risk of strokes, heart disease, Type 2 diabetes, and certain cancers, all increase with inactivity." More than 1.1 billion prescriptions are issued by family doctors in England each year at a cost of £9billion to treat patients who could help themselves, it is claimed.

Statistics show one in four of us would become more active if advised to get fit by a healthcare professional.

A collaboration between The Royal College of GPs and Parkrun UK is seeing family doctors prescribe 5km (three-mile) runs to overweight patients and those with chronic conditions.

There are 600 Parkruns each week across the UK which are free, open to all ages and abilities, and take place on Saturdays in public parks.

Dr Simon Tobin, a GP in Southport, Merseyside, for 25 years, said: "I worry a lot about over prescribing, over diagnosis and doctors who slavishly follow guidelines without asking the person in front of them what matters to them. I love offering lifestyle change as a possible alternative to medication.

"My local Parkrun has, quite simply, changed my life.

"Almost every day I invite my patients to come to Parkrun. I've had successes with people with anxiety, depression, diabetes and heart disease and those who want to improve their blood pressure or get fitter.

"My patients are healthier, happier and on fewer medications."

Guidelines recommend adults should aim for at least 150 minutes of moderate intensity activity, 75 minutes of vigorous activity, or a mixture of both, every week. But most fail to get anywhere near this target. Britain's losing battle with the bulge is to blame for rocketing obesity rates with a Type 2 diabetes diagnosis now made every three minutes.

One in 10 of us aged over 40 is living with the chronic lifelong

DAILY EXPRESS VOTE

Q Do Britons need to get fitter to ward off illness?

YES: 0901 133 4440
NO: 0901 133 4441
Yes text DXYES to 84988
No text DXNO to 84988

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Parkrun got me off the sofa

SINGLE mum and ex-couch potato Kelly Barton ran the London Marathon last year thanks to Parkrun.

Kelly, 42, from Southport, Merseyside, is registered blind and found group exercise classes difficult.

During a gym class, while others started with an outdoor run, Kelly was left on a rowing machine and told to stay there so she "wouldn't come to any harm". She told her GP who told her about Parkrun. And on her first attempt at the running project, Dr Simon Tobin acted as her guide.

Kelly, pictured above left after her marathon run, now takes her 13-year-old son Olly along too.

The Salvation Army worker added: "It's a warm, friendly environment and the confidence it has given me is immeasurable."

'We have a shared responsibility for our health and to look after ourselves'

lives, lazy Britons told

Prime Minister Theresa May meets a youngster on her climb in Snowdonia

Walking poles in hand as she poses

Theresa May's at summit... and for once she's glad to get there

AT LAST... Prime Minister Theresa May finally has something to smile about at a summit.

Mrs May and husband Philip reached the top of Cader Idris in Snowdonia this week on their Easter walking holiday.

She strode up the Welsh mountain in glorious sunshine armed with a pair of walking poles, pausing for smiling snaps with children. But the peak became shrouded in mist and the changed weather forced the pair to seek shelter behind a rock as they settled down with their lunch boxes.

It took the couple a little over two hours to scale the 2,930ft mountain near Barmouth.

As the weather deteriorated, Mrs May complained to her husband: "Shame about the mist. I can't see the view of Barmouth we were promised."

Fellow walkers made references to Brexit, with one quipping: "I hope you found the mountain easier than getting the MPs to agree a deal."

Another said: "Glad to see you've found some time for a break, Prime Minister."

Mrs May smiled and laughed but did not make any comment.

COMMENT

MATT HANCOCK

Health and Social Care Secretary

I LIKE to keep active – I run regularly, I enjoy playing cricket, and at weekends I'm normally outdoors with my children either cycling, walking or playing sports.

And yet, like most people, I spend a large part of my working day sitting down either in meetings, at my desk – or even in the House of Commons chamber.

Compared with a couple of generations ago, as a society we're all far less active and more sedentary. And that has serious consequences for our health.

The risk of stroke, heart disease, Type 2 diabetes and certain cancers all increase with inactivity. But it's not only our physical health that suffers, we're more prone to loneliness, depression and other mental health conditions if we have a sedentary lifestyle.

Some people have conditions that limit their mobility, but for most of us, whatever our fitness or our age, we can benefit from being more active. That doesn't mean we have to take out an expensive gym membership or sign up to run a marathon. It certainly doesn't have to be competitive. It can be a simple change in our everyday activity like walking to the shops instead of driving, taking the stairs instead of the lift, getting outside in the glorious spring sunshine with family and friends.

Active...Mr Hancock

As the Daily Express highlights, physical inactivity is now responsible for one in six deaths in the UK. If we do nothing, the physical and mental impact on individuals and the financial cost to the NHS will become ever greater.

We have a shared responsibility for our health. We talk about making the NHS fit for the future – that hinges on us taking a bit more care of our own fitness too. That way we can ensure the NHS will be there for our children and grandchildren.

So prevention – helping people avoid becoming ill – is a priority in our NHS Long Term Plan for the next decade, and we will pioneer social prescribing initiatives like gardening and the arts as alternatives to pills. Together, we can seize the opportunity of the longest and largest cash settlement in the history of the NHS to transform our health service and our society for the better.

condition which can lead to blindness, amputations, heart disease, kidney failure and ultimately death.

Professor Helen Stokes-Lampard, who chairs the Royal College of GPs, said: "Obesity and lifestyle-related health issues are making up an increasingly large part of our caseload in general practice.

"Making changes, like walking more or joining an exercise class or healthy cooking class, can really improve people's overall health and wellbeing."

OPINION: PAGE 12

Food industry is tricking us into a bad diet

SOME experts blame obesity on what we eat, claiming it is impossible to outrun a bad diet.

In the 1960s Britain was still on a diet of meat and two veg, with families starting to try exotic meals like meatballs and fondue.

Forward to 2019 and processed and convenience foods full of sugar and artificial sweeteners now make up half our diet.

It has been claimed regular physical activity reduces the risk of cardiovascular disease, Type 2 diabetes, dementia and some cancers by 30 per cent. But it is not the whole story.

Supermarkets today are full of sugar-filled products, displayed to catch our eyes. Nutella (original) contains 56.3g of sugar per 100g, Milkybar has 52.6g while a can of Coca-Cola contains 10.6g.

Fast food outlets litter high streets. In Bradford, Birmingham and Leicester one in 10 residents are Type 2 diabetics.

NHS cardiologist Dr Aseem Malhotra said: "Many believe obesity is entirely due to lack of exercise. This false perception is rooted in the food industry's public relations machinery, which uses tactics similar to those of big tobacco. The tobacco industry stalled government intervention for 50 years from when the first links between smoking and lung cancer were published. This was achieved using a 'corporate playbook' of denial, doubt and confusing the public.

"Coca Cola associate their products with sport, suggesting it is OK to consume their drinks as long as you exercise.

"However, science tells us this is misleading and wrong."

DXIST

MAUNDY

Eugenie returns to the chapel where she wed last October

It's Queenie and

By **Richard Palmer**
Royal Correspondent

THE Queen looked radiant in Easter yellow as she was joined by her granddaughter Princess Eugenie at the annual Royal Maundy service yesterday.

Aides said it was their first official joint engagement without other members of the family.

Eugenie, 29, wore her favourite blue floral dress by Erdem and a navy hat to accompany her grandmother at St George's Chapel in Windsor Castle.

The Queen sported a buttercup Stewart Parvin coat, a matching hat by Rachel Trevor-Morgan and an Australian wattle brooch for the service at which the monarch hands out commemorative coins to deserving pensioners.

Taxpayer

Eugenie, a director of London commercial art gallery Hauser & Wirth, is not classed as a working member of the Royal Family but has accompanied the Queen with other royals at past official engagements.

As a princess styled Her Royal Highness, she gets several perks including an apartment at Kensington Palace but does not receive money from the taxpayer-funded Sovereign Grant.

Eugenie looked relaxed as she returned to the chapel where she was married to wine merchant Jack Brooksbank, 32, last October. During the service, the Queen distributed Maundy money to 93 men and 93 women – as she will be 93 this year, celebrating her birthday on Sunday.

Each recipient got two purses, one red and one white.

Those who received alms were retired people recommended by clergy and ministers of all denominations, in recognition of their contributions to the church and to the local community.

The royal service dates back to the Middle Ages and originates in Christ's commandment to his disciples to love one another.

The word Maundy derives from the Latin word mandatum, meaning commandment.

Royal involvement began in 1210 when King John distributed alms to the poor and in the 14th century monarchs began washing the feet of those receiving alms.

During yesterday's service, the Queen walked down lines of recipients and handed each a red purse containing a £5 coin, commemorating the 200th anniversary of the birth of Queen Victoria, and a 50p coin portraying Sherlock Holmes. Both coins have been newly minted this year.

Historically, the sum of £5.50 in the red purse is made up of £3 for clothing, £1.50 in lieu of provisions, and £1 representing a piece of the sovereign's gown which, before Tudor times, used to be divided between the recipients.

The Queen also gave them a white purse containing uniquely minted Maundy money – one, two, three and four silver penny pieces – to the value of 93p.

When she and Eugenie arrived at the chapel's north door, they were presented with traditional nosegays, which in ancient times warded off unpleasant smells.

They are a bouquet of daffodils, primroses, freesias and other flowers with rosemary and thyme.

Retired

Maundy Thursday is the Christian holy day falling on the Thursday before Easter, commemorating the Last Supper of Jesus Christ with the apostles.

Eugenie, who posed for pictures outside the chapel with the Queen and others involved in the ceremony, has worn the high-necked Erdem dress on several previous public appearances.

Her sister Princess Beatrice, 30, accompanied the Queen and Prince Philip to the Royal Maundy service at York Minster in the Diamond Jubilee year of 2012.

Philip, 97, retired from public duties in August 2017.

OPINION: PAGE 12

Queen distributes Maundy money to some of the 186 pensioners at St George's Chapel service yesterday

Actress Lesley Joseph chats to Francis

Anyone who discards gay people

By **Mark Jefferies**

THE Pope is seen moving gay comedian Stephen K Amos to tears, telling him that anyone who discards homosexuals "doesn't have a human heart".

And after his surprise words – a major departure from the beliefs of many Catholics – Pope Francis urged Stephen and other visiting celebrities to pray for him so he can do his job better.

In tonight's episode of the BBC2 travelogue Pilgrimage: The Road To Rome, Londoner Stephen, 51, is among celebrity "pilgrims" shown having audiences with Pope Francis.

Stephen tells the Pope: "I lost my mother, three months ago I buried my twin sister, who were both very religious.

"So me coming on this pilgrimage, being non-religious, I was looking for answers and faith.

"But as a gay man, I don't feel accepted."

Pope Francis replies to Stephen carefully: "Giving more importance to the adjective [gay] rather than the noun [man], this is not good.

"We are all human beings and have dignity. It does not matter who you are or how you live your life – you do not lose your dignity.

"There are people that prefer to select or discard people because of the adjective.

"These people don't have a human heart."

And the pontiff then adds: "For those of you who are believers, pray for me. For those of you who do not believe, could you wish me a good journey, so I do not let anyone down."

Stephen, who leaves the papal audience in tears, tells the show: "If it had been the answer I was expecting, I would have walked out.

"Hearing what he [the Pope] said floored me.

"He gave me faith in humanity. He knows his response to my question... will have ramifications around the world.

"He's saying those who hold

Eugenie on Easter parade

Queen hands out purses above. Left, grandmother and granddaughter are given traditional posies of spring flowers

Philip: I'm still a driving force

By **Richard Palmer**

DRIVING on private land, a calm-looking Prince Philip is seen at the wheel for the first time since giving up his licence after a crash.

The Duke of Edinburgh, who will be 98 in June, was yesterday pictured in his Land Rover in the grounds of Windsor Castle, where he can drive legally.

In January, his Land Rover Freelander collided with a car and flipped over outside the Queen's Sandringham estate in Norfolk, leaving him trapped. Two women in the car were hurt and a baby was rescued unharmed.

Philip, 97, in the driving seat in Windsor Castle's grounds yesterday

doesn't have a human heart, says Pope

extreme religious views of anti-homosexuality or anti-abortion don't have a human heart and that is huge."

Stephen added: "I have been critical about some aspects of the Roman Catholic Church, so I didn't want to be seen taking a blessing or being sycophantic. Then I thought, 'What an opportunity', so we asked producers if there was a possibility we could ask questions.

"They came back and said yes, so it had to be done." The star said he was expecting a stock response from Francis, but said the Pope's reply "one thousand per cent floored me".

Stephen said: "It really opened my eyes to how I shouldn't be too judgmental, based on what their ideology might be. There wasn't a dry eye in the room. Let's just say it was a moment that will stay with me for the rest of my life."

In a conversation that is not included in tonight's show, Strictly Come Dancing star Brendan Cole tackled the Pope over the Catholic stance on abortion. Fellow celebrities making the trek are Birds Of A Feather actress Lesley Joseph; Olympic long jump champion Greg Rutherford; Irish Eurovision Song Contest winner Dana; comedian Katy Brand; TV presenter Mehreen Baig; and television personality and actor Les Dennis.

● *Pilgrimage: The Road To Rome, is shown on BBC Two tonight, at 9pm.*

OPINION: PAGE 12

Comedian Stephen K Amos with Pope Francis, who 'floored' him and brought tears to his eyes with his surprising thoughts about gays

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Stacey Dooley in Mexico where she is filming and inset below, with Kevin

Strictly Stacey escapes storm over love split... by waltzing off to Mexico

By **Andy Russell**

Pictures: SPLASH NEWS

TV journalist Stacey Dooley has been spotted for the first time since it was revealed she has fallen for her Strictly Come Dancing partner Kevin Clifton.

The flame-haired star was pictured in a baggy blue tracksuit suit while filming in Mexico where she is making a gritty new BBC Three series about bounty hunters.

Confirmation of a romance between Stacey, 32, and her three-times married Strictly partner Kevin Clifton, 36, came to light on Sunday.

Her split with ex love Sam Tucknott and the new relationship with Kevin revived the "curse of Strictly" legend, which holds that the dance show leads to relationship break-ups.

Happiness

Personal trainer Tucknott, 30, revealed in an newspaper interview that the TV personality had called time on their five-year relationship and was now with Kevin.

He branded the professional dancer "a rat" but Stacey responded that "there are two sides to every story". She insisted that she only fell for Kevin after her split with Tucknott.

She tweeted: "I haven't got the time or energy to correct some of the utter nonsense I've read on here. Re Sam, I loved him v much and only wish him happiness and success."

It was reported that Stacey and her ex had officially split on Boxing Day after a row. Then Tucknott was clearing their flat earlier this month when he discovered a text to Stacey from Kevin saying "I love you" with a red heart.

Rumours that Stacey and Kevin have been enjoying a secret romance began months ago, with photographs emerging of the pair heading into the same Birmingham hotel in January.

Stacey won the Glitterball trophy on Strictly for her routines with Kevin in December and then took part in the Stricly tour without him while he concentrated on his own Burn The Floor show. But he made a trip to the Midlands to show his support for Stacey on tour, cheering her on as she danced with Aljaz Skorjanec.

A Strictly insider said: "There was no reason for Kevin to slog all the way to Birmingham to see her perform. The fact he did speaks volumes about where they were in their relationship."

Tucknott admitted in his interview that their relationship was under strain late last year while Stacey spent 14 hours a day training with Kevin for their Strictly win.

Stacey in thoughtful pose as she ponders her new crime doumentary and, inset, ex-love Sam Tucknott

£3k football fine as court says substitution is abuse

By **Cyril Dixon**

A YOUTH football team has been ordered to pay £3,000 compensation to a juniors schoolboy whose father sued because the lad was substituted during a match.

He said that the child's withdrawal from the game amounted to "emotional abuse" and "racism".

Officials at Winnersh Rangers in Berks claimed the substitution was handled fairly to ensure that all of the under-10s team were given a reasonable amount of playing time.

They were stunned to receive a letter from Reading County Court telling them to pay up after they missed the first hearing of the case.

The side, who were also reported to Wokingham Borough Council's child services department, now plan to challenge the order at another hearing on May 2. The father and son were not named .

Phil Chick, one of the club's managers, said: "Last summer the under-10s teams played in a pre-season tournament and the manager substituted this particular player.

"His father didn't take well to the decision, but substitutions are just a part of the game and the manager wanted to give everyone a fair chance and playing time.

"The parent then brought the player back to the club at the start of the new season in September but quickly removed him and asked to be refunded for his signing-on-fee, which of course we gave back.

"We were told he had contacted Wokingham Borough Council's child protection scheme and had accused the substitution of being emotional abuse and racism.

"We didn't hear anything else for a few months but then we received a letter from Reading County Court saying we had missed a hearing and had been fined £3,000."

Mr Chick added: "Losing thousands of pounds is a big hit for a local club like ours. I'm confident we can challenge the ruling in court and get our money back.

"So far we haven't seen any documentation so we don't know the full facts of the allegations. All we know is that the parent has accused the club of emotional abuse and racism against his son.

"It's a shame because it feels like the child has been forgotten in all of this. He can no longer play football for his local team because of this.

"The most important thing for us as a club is the children, we want them to enjoy playing football."

As reports of the case spread, football enthusiasts lashed out online.

One wrote: "The end of kids football. No junior club could take that hit and now watch the resulting stampede to complain.

"You do your best to help kids, but it always seems someone never agrees with any step you take."

Club official Phil Chick

Police urged to act as protesters threaten Heathrow holiday flights

By **Elly Blake**

PRESSURE is mounting for the police to crackdown on eco activists as they threaten to shut down the UK's busiest airport.

Home Secretary Sajid Javid has demanded police use the "full force of the law" against protesters who act illegally, amid threats to disrupt 800,000 passengers planning to travel through Heathrow over the Easter weekend.

Mr Javid condemned the flight threat saying: "They have no right to cause misery for the millions of people who are trying to lead their daily lives. Unlawful behaviour will not be tolerated. I expect the police to take a firm stance." He added: "They have my full backing in doing so."

He pledged full support as police confirmed more than 1,000 officers were being deployed on the streets of London each day.

London Mayor Sadiq Khan said "the Met's ability to police protests" was made "harder by the huge cuts to Government police funding".

By last night, after four days of action, more than 500 had been arrested, with 10 people charged.

After blockading key London landmarks, including Vauxhall Bridge yesterday, Extinction Rebellion members threatened to "raise the bar" at Heathrow.

"The aviation industry needs to be targeted," a message read.

An airport spokesman said: "We are working with the authorities to address any threat of protests."

Yesterday three activists who climbed on a train at Canary Wharf station in London's Docklands denied obstructing a railway when they appeared in court. They were remanded in custody until May 16.

Jayne Forbes, of Extinction Rebellion, said a not guilty plea was a tactic to get the group's message out. She added: "The Government has fallen down on their duty of care."

COMMENT: PAGE 12

Protester is carried away by police in London yesterday

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Shroud of

EXCLUSIVE

By John Ingham
Environment Editor

SMOG hung over large areas of the most densely populated parts of the country yesterday after days of warm, still weather built up air pollution.

For the second day running some of London's most iconic skyscrapers, including the tallest, The Shard and the Walkie Talkie building, appeared as if through a veil.

The Met Office forecast "isolated high levels of air pollution in South-east England".

And pollution is forecast to become more widespread across other parts of the country by Bank Holiday Monday.

The prediction led to a warning from Public Health England (PHE) to vulnerable groups like the elderly and people suffering from heart and lung problems.

It said: "Adults and children with lung problems, and adults with heart problems, should reduce strenuous physical exertion, particularly outdoors, and particularly if they experience symptoms.

"People with asthma may find they need to use their reliever inhaler more often. Older people should also reduce physical exertion.

"Anyone experiencing discomfort such as sore eyes, cough or sore throat should consider reducing activity, particularly outdoors."

King's College London's air monitoring website showed most of the capital in the grip of high levels of smog, with tiny PM2.5 particles, the most dangerous form, high just about in every part of the capital.

The particles are many times smaller than the width of a human hair, lodge deep in the lungs and can enter the bloodstream.

They build up over time causing serious health problems from asthma and pneumonia to lung cancer.

Boots UK said up to nine million city residents could face "pollenution", the combined effect of high levels of pollen with high levels of air pollution which give hay fever sufferers worsened symptoms.

Boots pharmacist Natalie Masters said: "If you think you might be at risk, the best thing you can do is avoid going out at the times of day at which pollen levels are at their high-

Haze hangs over the River Thames

DLR ACTIVIST LIVES IN £700,000 HOME

By **Elly Blake**

A FEMALE eco activist who allegedly climbed on top of a DLR train at rush hour is a Cambridge graduate yoga instructor who lives in a £700,000 home.

Mother-of-two Cathy Eastburn pleaded not guilty to obstructing a railway at Highbury Corner magistrates court yesterday, where she appeared alongside Mark Ovland, 35, and Luke Watson, 29.

All were denied bail and face custody until a May 16 Crown Court hearing.

The 51-year-old from Lambeth, south London, founded a charity that teaches in prisons Indonesian gamelan percussion music.

She also founded Good Vibrations to teach current and former prisoners life skills through gamelan.

A spokesman said Eastburn left Good Vibrations in 2014 "and no longer has an organisational connection with us. We wish her well, but these are her own private actions and views".

Her social media shows her demonstrating against Donald Trump, participating in a women's march as well as the current climate change protests.

Eastburn is a popular figure on the activist circuit and has been at numerous events led by Extinction Rebellion, the group causing mayhem across London.

Protester Eastburn

She lives on a plush private road and her house has become a war room for the movement.

Outside her home yesterday, one activist called Will said: "It's up to the white middle class to take the lead in saving the planet. We are the ones with the money and the power. We have to show the world that it's not OK living like this. Things have to change and we will not stop until that happens."

He added: "Cathy has been very supportive and has allowed us to use her lovely home. She's a big part of our movement."

smog sparks health alert

FUMES 'STUNT GROWTH IN BABIES'

By **Hanna Geissler** Health Reporter

EXPOSURE to air pollutants can stunt babies' growth in the womb, scientists have warned.

Researchers looked at more than 10 years of evidence on whether air pollution, chemical exposure, diet, and alcohol affected foetal size.

There was not enough evidence to suggest that poor diet, alcohol intake or chemicals had any effect.

But exposure to nitrogen dioxide – a gas generated by traffic – was linked to smaller head size in unborn babies, the University of Aberdeen team found.

Professor Steve Turner, who led the study, said: "We looked at all the studies that measured the effects of mothers' exposures to everyday substances including air pollutants, alcohol, and diet on the size of the unborn baby, measured through ultrasound from halfway through the pregnancy onwards.

"The seven studies where air pollution was measured and linked to foetal size were from different geographical areas of the world, including Australia, the US and several countries in Europe.

"In all of the studies the evidence was clear that, in the third trimester in particular, exposure to nitrogen dioxide reduced foetal growth."

Professor Turner said previous research has shown that babies born small are at an increased risk of coronary heart disease, Type 2 diabetes and asthma.

He added: "The link between exposure and foetal growth is apparent well before birth, so any potential interventions need to happen in the early stages of pregnancy.

"The findings also suggest that public health measures are urgently required to minimise pregnant mothers' exposures to nitrogen dioxide."

Pollution surrounds the Shard, London's tallest building, yesterday

est. Unfortunately, these times are during the morning and early evening which are hard to avoid if you're a commuter or parent doing the school run."

Friends of the Earth urged vulnerable groups to keep away from pollution hotspots such as busy roads.

Campaigns officer Muna Suleiman said: "On bad air pollution days you can actually see the poor quality of air that Londoners are being forced to breathe.

"Not everyone has a choice of where they live, and people who live near busy roads can bear the brunt of filthy air. It is outrageous that children who grow up where air quality is bad can end up with smaller lungs as a result.

"On high pollution days it's worth trying to reduce your exposure and avoid clogged main roads where possible."

The air pollution forecast came on top of an Asthma UK warning earlier this week of a "pollen bomb" which could spell misery of millions of hay fever and asthma sufferers even outside cities.

Trees have been releasing pollen for weeks and these levels are expected to spike in the predicted warm weather over the Bank Holiday weekend. Temperatures could hit 75F (24C) in some areas over what should be a perfect Easter for those outside cities.

Last year air pollution was also linked to increased crime on the streets of the capital.

A paper by the Institute of Labor Economics said it increased the rates of most offences and in particular shoplifting and pickpocketing.

The pollution has built up after a few days of warm and relatively still weather and had developed despite the introduction of London's Ultra Low Emissions Zone earlier this month which penalises the most polluting vehicles. The Met Office said some of the pollution may have come in from the continent on easterly winds after being generated by conurbations as far away as Germany. Dispersal of the fumes was hindered yesterday by early morning fog.

A website briefing by the World Health Organization said: "The air we breathe contains emissions from motor vehicles, industry, heating and commercial sources, as well as tobacco smoke and household fuels.

"Air pollution harms human health, particularly in those already vulnerable because of their age or existing health problems. Evidence shows that air pollution at current levels in European cities is responsible for a significant burden of deaths, hospital admissions and exacerbation of symptoms, especially for cardiorespiratory disease.

"Exposure to air pollutants is largely beyond individuals' control and requires action by public authorities at the national, regional and even international levels."

Away from the capital the forecast for the next few days is for moderate levels of air pollution over Northern Ireland, Scotland, Wales and South-west England.

DAILY EXPRESS

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How to swap lifestyle to be healthier and happier

MILLIONS of us need to change the way we live if we want to avoid an early grave. The good news is that getting off the sofa will not just make us healthier. There is a high chance we will feel happier, and less stressed and lonely.

Health Secretary Matt Hancock knows that if his time in the job is to be judged a success, he will have to tackle one of the biggest killers in Britain – and that won't happen by handing out more pills.

Our sedentary lifestyles are simply deadly. We are 20 per cent less active than in the 1960s and this makes it more likely that we will suffer heart disease, strokes, some cancers and Type 2 diabetes.

Rather than worry about the future we can decide to change the way we live today.

Merseyside GP Dr Simon Tobin prefers to invite patients to join him on a run in the park instead of dishing out drugs and he has seen people end up "healthier, happier and on fewer medications".

He says his own life has been changed through taking part in the "Parkrun" and people with anxiety and depression have also made breakthroughs.

A regular brisk walk or a gentle jog will bring us relaxation and contentment – and it might just save our lives.

Pope defends gay people

COMEDIAN Stephen K Amos was moved to tears after the Pope told him that anyone who discards gay people "doesn't have a human heart". The Pope did not rip up Catholic teaching when he met Mr Amos and other celebrities who took part in a pilgrimage to Rome.

But when the comedian told the Pontiff that he did not feel accepted "as a gay man", the Pope said: "It does not matter who you are, or how you live your life – you do not lose your dignity."

This is a powerful message when divisions threaten to rip apart societies. The ancient challenge to love our neighbours instead of judging them is more urgent than ever.

Model Maundy majesty

HER MAJESTY The Queen dazzled in a buttercup-yellow coat yesterday when she attended the Royal Maundy Easter service with Princess Eugenie. In every sense, she is a radiant monarch.

The royal service dates back to 1210 and centres on Christ's call for his disciples to love one another.

In keeping with tradition, the Queen gave "Maundy money" to pensioners.

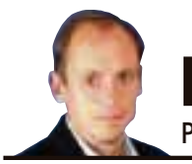
The sincerity of the Queen's faith is beyond question and it has provided her with inspiration throughout her reign.

Similarly, she has kept faith with this country and continues to inspire us as she models leadership defined by charity and compassion, bringing the brightest of colours to our national life.

Rebels have nothing to add to climate change debates

NUISANCE: Protesters have been making life miserable by cluttering up the streets of London

Picture: EPA / REX



Ross Clark
Political commentator

THE protesters from Extinction Rebellion who have been blocking roads and public transport in London this week try to justify their actions by claiming that the earth is facing a "climate emergency".

But I know a real emergency when I see one. It is when an ambulance needs to get through to a desperately ill patient or a fire engine needs to reach a burning building in quick time – both of which are made much more difficult when you have a bunch of protesters blocking bridges and road junctions.

And there is the matter of ordinary people needing to get to work. Over the past few days 55 bus routes have been blocked, affecting 500,000 passengers. Commuters have been held up on the Docklands Light Railway, while Extinction Rebellion has threatened to close down the Tube system.

And what is the message Extinction Rebellion has for all those who have had their lives disrupted? According to the group's co-founder Gail Bradbrook, the protesters are having a "fantastic time" on the streets.

Most of the commuters whose lives these idiots have been making a misery have been trying to do the environmentally friendly thing and taken public transport to work. Some of them who usually use Canary Wharf station have been forced to take polluting taxis instead.

BUT then don't expect much in the way of joined-up thinking from Extinction Rebellion. Its claims are hysterical nonsense and its suggested solutions impractical. Far from saving the Earth, Extinction Rebellion would, in the unlikely event it were given the chance, crash the global economy.

On the Today programme yesterday morning Bradbrook made the preposterous claim that "our children are at risk of not having enough food in a few years' time". What basis she had for saying that she didn't explain. Yet the fact is that global food production continues to rise. Over the past 30 years, according to the UN, the number of undernourished people in lower and middle income countries has fallen by 42 per cent. That has happened because the global economy has been allowed to grow.

But it wouldn't be growing if Extinction Rebellion had its way. The group's central demand is that the world stops all net carbon emissions by 2025.

Nearly every country in the world is committed to reducing use of fossil fuels. Britain, for example, has had a target of reducing emissions by 80 per cent on 1990 levels by 2050.

Many industries are indeed gradually being decarbonised – and have been doing so since long before Extinction Rebellion came into existence. Coal-burning in UK power stations will soon come to an end. Our homes are becoming better insulated and our boilers more efficient. Our cars do far more miles to the gallon than they did even a decade ago – with hybrids and electric vehicles set to take over in the coming decade.

Yet to phase out all use of fossil fuels in just six years' time is simply not practical. It would mean the end of all air transport and most road transport. It would mean most of us going without heating in our homes.

We don't yet have the technology to achieve 100 per cent renewable energy, and we won't have for many years to come. One of the big problems is that solar and wind power are intermittent and unreliable. They are not going to see to our needs without development of massive electricity storage facilities.

The technology that could potentially help achieve this either doesn't exist or is still under development. Batteries are very expensive – and are environmentally unfriendly in their own way, using large quantities of rare metals.

If the world were to banish fossil fuel burning before alternative energy was available, it would only have one result – global economic collapse. That is what would really put our children in danger of hunger.

'Extinction Rebellion would, given a chance, crash the global economy'

DO Extinction Rebellion protesters care? I doubt if many of them have really thought through the issues at all. They are just like the anti-capitalist protesters who used to bring London to a halt in the early 2000s. Many of them are just professional troublemakers who enjoy causing outrage – jumping up and down, chaining themselves to things and smashing windows.

When I watch them chanting their slogans and read the tone of their "manifesto", I just see a group of spoiled, middle-class brats who just want to throw a spanner in the workings of global capitalism.

Climate change is a problem that needs to be addressed – and already is being addressed in many imaginative ways. Extinction Rebellion adds nothing to the debate other than unwanted distraction.

WHY WE LOVE OUR BEAUTIFUL BUNNIES

What did the Romans give us? Rabbits, among much else. NEIL CLARK takes a hop, skip and a jump to investigate our fecund furry friends

IT'S the furry, much-loved animal that's been closely associated with Easter for hundreds of years. Rabbits, or "bunnies", were commonly thought to have been introduced to the British Isles from the continent in or about the 12th century.

However, new evidence, appropriately enough revealed in this of all weeks, proves that they've been hopping around these parts for much longer, in fact since at least Roman times *(see wall mosaic, right)*.

Scientific tests on a rabbit bone, found at the Fishbourne Roman Palace in West Sussex, confirm the animals were around in the first century AD, so they've been sharing these islands with us for 2,000 years. "This is a tremendously exciting discovery and this very early rabbit is already revealing new insights into the history of Easter traditions", says Professor Naomi Sykes, of the University of Exeter.

Researchers think Britain's first rabbit was kept as a pet, a tradition still going strong today. According to the PDSA, an estimated 1.5 million rabbits were kept as pets in 2016. "Rabbits are highly intelligent, inquisitive animals. Owning them can be extremely rewarding," says the RSPCA. Unlike dogs, you don't have to take rabbits for walks, and you won't get any complaints from neighbours about them barking.

In the wild though, rabbits have fared less well, despite their well-deserved reputation for prodigious breeding. In 1950 there were about 100 million wild rabbits in Britain. Because of their abundance, and the fact that their meat was lean and very tasty, rabbit was a popular household dish.

In the Second World War and following years an added attraction was that rabbit was off-ration. Anyone could shoot "one for the pot". Run Rabbit Run, sung by Flanagan and Allen, was a hugely popular, morale-boosting song in the war years but it's not the only way the bob-tailed burrowers helped us beat Hitler.

In an article for The Sportsman, Rabbit Pie: Saving the Nation from Starvation in the Second World War, Professor John Martin says rabbits "made a very important, but overlooked contribution," in Britain's hour of need. "The widespread availability of wild rabbits made a valuable supplementary source of meat for a population engulfed by austerity and rationing." Martin notes that in the 1940s rabbits "were consumed in their tens of millions". He cites the example of Pembrokeshire, where the estimated production of rabbit meat in 1945 was 1,460 tons, compared with just 190 tons of pig meat.

Rabbits could have kept Britain fed for years, but in 1953, disaster struck, the deadly disease myxomatosis. About 99 per cent of the rabbit population was wiped out.

Shockingly, the spread of the virus was encouraged by some and the government had to pass a law in 1954 to stop sick rabbits being placed in burrows by those who regarded the animal as a pest. Numbers recovered but in 1992 a new killer ailment, rabbit viral haemorrhagic disease, arrived. Since 1995 when the UK rabbit population stood at about 37.5 million, numbers have fallen by a further 60 per cent in Britain and 80 per cent in Scotland, according to figures from the British Trust for Ornithology. No other mammal has seen its numbers drop so dramatically in the past 20 years and it is getting worse. Earlier this year it was reported that Britain's entire rabbit population – including domesticated ones – could be wiped out by a new strain of the deadly haemorrhagic virus.

PRESERVING rabbits has to be taken much more seriously or we could lose an animal that has been such an important part of our cultural heritage. Just think for a moment what a sad place Britain would be without wild rabbits. Seeing them hopping across a field on a early spring morning can be an exhilarating sight. But it's a scene that's unfortunately become much harder to witness of late. While disease has played a very big part in reducing numbers, loss of habitat is also a factor. Unlike the ultra-adaptable fox, wild rabbits can't really become urbanised. They need their fields and as social creatures, they prefer to live in groups.

Yet despite the alarming drop in numbers, there are still no restrictions on killing them. On the contrary, it remains a legal requirement under the 1954 Pests Act to keep your land free of rabbits. Greater protection for birds of prey has also not been good news for Oryctolagus cuniculus – to give the rabbit its Latin name. "Until very recently these animals were just so common, we just assume they are everywhere – a bit of a nuisance, almost – and then one day we turn around and go, 'When was the last time I saw a rabbit?'" Professor Fiona Mathews, of the Mammal Society, said last year. When and where rabbits first became associated with Easter is up for debate, but it is thought to have its roots in paganism. The symbol of the 13th-century pagan Teutonic deity Eostre, the goddess of spring and fertility, was, appropriately enough, the rabbit. The legend of them laying Easter Eggs dates from the late 17th century and originates from Germany.

As rabbits came to be linked closely to Easter in Britain, so too did anthropomorphic portrayals in literature become common. We all remember the rather neurotic White Rabbit who appears right at the start of Lewis Carroll's Alice's Adventures in Wonderland, wearing a waistcoat and looking at his watch, muttering "Oh dear, oh dear! I shall be too late!"

Beatrix Potter's The Tale of Peter Rabbit first appeared in 1902, and is one of the best selling-books of all time. Arguably the most celebrated of them all was Watership Down, written by the former civil servant Richard Adams. It was turned down many times before publisher Rex Collings accepted the manuscript. "I've just taken on a novel about rabbits, one of them with extra-sensory perception. Do you think I'm mad?" he wrote to an associate. Thankfully he wasn't and the book was a thumping success.

In Watership Down, the animals flee from an imminent housing development. We all empathise with Fiver, Hazel and Bigwig and their search for a safe home, but how many real-life rabbits are threatened by such urban encroachment today as more and more of our countryside is concreted over? Perhaps we need a new novel to wake us up to the threats rabbits face in 21st-century Britain. Or maybe the news that they've been sharing these islands with us for far longer than we thought, might encourage us not to take our furry friends for granted any longer.

Given the historical associations, Easter could not be a better time to do it.

BRIGHT EYED: But the rabbit population is under threat

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Ingham's WORLD

RUFOUS tree-pies and red-vented bulbuls were everywhere. Painted storks probed the warm river mud with their huge bills and spotted deer stags barked out mating calls.

Wheeling overhead were crested serpent eagles while crocodiles lumbered across mudflats like 21st-century dinosaurs.

Here, in India's Ranthambore National Park, The Jungle Book came to life before my eyes.

There was even a maharajah's hillfort towering above, almost a copy of King Louie's palace in Disney's 1967 cartoon version.

As we drove through the rain-starved forest, Kipling's characters paraded before our jeeps.

We met Baloo the bear, Rikki-Tikki-Tavi the mongoose, Mor the peacock, tribes of monkeys and, Shere Khan the tiger.

It made the hair-raising seven hour drive south from smog-filled Delhi more than worthwhile.

Ranthambore's tigers sustain a £33million-a-year local industry, drawing tourists from as far afield as New Zealand and the USA.

I stayed at the charming Khem Villas where the veggie curries are superb and the profits subsidise conservation work and a hospital.

But our driver, Ram Mangat, told us all is not what it seems. Shere, he said, is Hindi for lion. Instead tiger is baagh – closer to Baghera, Kipling's black panther.

Regular readers will have seen my encounter with the tigers in the Daily Express last weekend. So spare a thought for the wonderful creatures which have to play second fiddle in Ranthambore.

On the first morning we came across a young sloth bear digging up boulders in a dry stream to get at the water underground. A huge ball of shaggy fur, he was beautiful. He was rarer than a tiger. But he wasn't a tiger.

Then we found a now-you-see-me-now-you-don't leopard stalking through the trees, his spots making him blend with the foliage. But he wasn't a tiger.

Another jeep ride, another tiger hunt. And then we found Arrowhead the tiger cooling in a pond, while her two young cubs play-fought nearby.

To those without souls, tigers are better off dead, trophy skins on walls, their bones ground down into bogus elixirs.

But to me they are and always will be Shere Khans – the majestic kings of the jungle.

DURING my two-week trip I was vegetarian – and I felt much better for it. The food was lighter, less stodgy, very tasty and supposedly better for the planet. Veg needs much less water and less land than livestock and produces lower greenhouse gas emissions. But my new regime collapsed the minute I got near the aroma of sizzling bacon…

WE'VE all seen them at stately homes. In Ranthambore peacocks are in their natural habitat, strutting through forest glades, fanning their tails while the peahens take their pick. But at dusk they fly high up in the trees to roost lest a stripey hunter stalks the undergrowth in the night.

GREEN TIP: CUT fuel consumption and emissions by driving smoothly and avoiding rapid acceleration and heavy braking.

YOU travel halfway around the world only to find birds from home. In the jungle a familiar screeching alerted me to squadrons of ring-necked parakeets, the lime-green exotics which are steadily conquering England.

IN India there's a butterfly dubbed the tiger because of its languid devil-may-care flight. Its caterpillars eat milkweed which makes them toxic, a trait they keep when they evolve into flying machines.

Predators know to keep away – so the butterflies can take their time on the wing.

BEAUTY is everywhere – even in hell. In one of the most polluted parts of Delhi, photographer Jonathan Buckmaster and I found a mountain of rubbish taller than Nelson's Column, spread over 70 acres.

It stank in the 95°F heat, a rotting monument to man-made pollution. But then we saw a flash of emerald green.

It was an Asian green bee-eater, left, mixing greens, light blue and chestnut, set off with a black mask. It was beauty amid the beastly.

Picture: GETTY

john.ingham@express.co.uk

Travolta's still got Fever moves

Travolta in the classic pose, inset, with platinum discs

JOHN Travolta showed he's alive and kicking as he reprised his classic pose from Saturday Night Fever.

The actor, 65, embraced his new bald look as the 1977 film's soundtrack went Platinum for the 16th time in the US.

In a nod to the lyrics of the Bee Gees' disco hit, he wrote on social media: "Whether you're a brother or whether you're a mother you're stayin' alive!! Thank you everyone!!"

Travolta, once famous for his jet-black mane, said he had shaved his head "on a whim" but is keeping his new look because it "feels great".

Love Island's star left final chilling post

By **Paul Jeeves**

LOVE Island star Sophie Gradon was found hanged at her parents' home after an alcohol and cocaine binge, an inquest heard yesterday.

The 32-year-old was found by her boyfriend Aaron Armstrong, 25 – who took his life five days after her funeral, after taking a similar drink and drugs cocktail.

In a chilling final Instagram post, the reality star said: "If I could escape, I would," the inquest in North Shields, Tyne and Wear, heard.

Tests showed Ms Gradon had a reading of 201mg per 100ml of blood – about three times the legal driving limit – alongside the Class A drug.

In a warning about the perils of mixing drink and drugs, Coroner Eric Armstrong said he was "certain she would not have acted as she did without taking alcohol and cocaine".

He added: "The combination is used by those who believe it brings on a so-called high much quicker. What they do not appreciate is it also gives rise to violent thoughts.

"If Sophie's death is to serve any purpose at all, that message must go out far and wide."

The inquest was told the former Miss Great Britain was battling depression and had been chatting online to her friend Sondeep Gill for nearly an hour on the day she was found dead. Ms Gradon told Mr Gill: "I cannot do this any more. I struggle every day with my ADD [Attention Deficit Disorder]. I would never want to do that to my family but if I could escape, I would.

"I have been struggling with the world, no one knows why or how."

Recording a narrative verdict, Mr Armstrong said he could not deliver a suicide verdict, but ruled out third-party involvement.

Another Love Island contestant, footballer Mike Thalassitis, was found dead last month and Health Secretary Matt Hancock called for reality shows to give more support to their stars.

If I could escape...tragic Sophie Gradon

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Clan-tastic! Beckhams unite for Victoria's 45th

David's jokey birthday pic of his wife in bathrobe

By **Frances Millar**

VICTORIA Beckham's 45th birthday was strictly a family affair.

The ex-Spice Girl dined at an Italian restaurant with husband David, 43, and children Brooklyn, 20, Romeo, 16, Cruz, 14, and Harper, seven.

The clan were joined by Brooklyn's model girlfriend Hana Cross, 21, at Giorgio Baldi in Los Angeles on Wednesday.

Victoria captioned the photo: "The most beautiful day with my favourite people in the world xxx I Love u so so so much xxx kisses from a very loved mummy and wife x".

David teased Victoria by sharing a snap of her looking tired after their kids woke her at 6am.

Birthday girl Victoria Beckham at restaurant with, from left, Brooklyn, Hana, Cruz, David, Harper and Romeo

Racing trainer killed himself 'after wife's affair with a jockey'

A LEADING racehorse trainer killed himself after his wife had an affair with a jockey, an inquest heard yesterday.

Richard Woollacott's wife Kayley told the hearing at Exeter's County Hall that they had been "feisty and fun" together, having wed in 2013. They met in 2008 and both trained horses.

But things "came to a head" in the last six weeks of the 40-year-old's life. She said he was unhappy after she stayed away overnight following a Christmas party.

Kayley also revealed that a member of their staff was sending her texts: "This chap wanted something to happen between us. On December 29 he said he wanted to rip my clothes off. Richard was very angry. He said the relationship was over."

By **News Reporter**

Richard – who had had recent National Hunt success with Beer Goggles and Lalor – had researched suicide sites.

His sister Marie told the hearing her brother had sacked the jockey in 2017 and claimed Kayley had told him "whatever had taken place, it was over". But then he saw further messages and was left "humiliated" and suffered from depression.

His wife said on January 22 last year he was "very calm" but later found a note saying he loved her and their daughter Bella.

On that day he was found hanging from a beam in a barn on his land at Rose Ash, Devon, by his mother.

Assistant coroner Alison Longhorn recorded a suicide verdict.

She said: "Very sadly he intended to end his own life."

Kayley Woollacott, left, leaving the Exeter inquest and, above, marrying her husband Richard in 2013

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Medical cannabis sales high

PHARMACIES hit by NHS cuts and GP surgery closures are selling cannabis products to stay in business, the Express has revealed.

They are turning to legal cannabinoids (CBD), the non-psychoactive element of the drug, to attract new custom, an investigation by our website found.

CBD products include skin cream, gum sweets and drinks. Manjit Jhoot sells some in his Jhoots Pharmacy chain and he said: "We have seen footfall increase exponentially and profits have seen an upturn."

One pharmacist in Birmingham, who did not want to be named, said CBD products had been a "real success".

Serge Davies of Green Monkey, behind the UK's first CBD carbonated drink, said: "The pharmacy of the 21st century will be the go-to places to get CBD products."

Amazing first steps of girl walking

Victoria back home with her mother Marzena yesterday

By **Amelia Wynne**

A BRAVE three-year-old girl born with both legs bent backwards has walked for the first time after the public helped raise £180,000 for "miracle" surgery.

"One in a million" Victoria Komada has bilateral tibial hemimelia – which causes babies to be born with deformed legs and missing bones.

Victoria had faced losing both her legs, and two years ago doctors said the only solution was a double amputation.

Pain

But the family then found an American surgeon in Florida who performed two surgeries to save one of her legs and give her the ability to walk for the first time.

Victoria's parents managed to raise £180,000 for her treatment with the generosity of communities in Norwich and Szczecin, where the family are from in Poland.

Victoria and her parents Marzena Drusewicz, 32, and Dariusz Komada, 41, returned home from Florida on Monday.

The youngster before surgery

They are back at home in Norwich after nine months of treatment and the young girl can now walk, run and play sport.

Marzena said of her daughter's gruelling surgery and treatment: "She was in a lot of pain all day and all night. We had all had enough. It was really horrible.

"Of course I was so scared and didn't know what was going to happen. She would cry and scream so much after the operation.

"Every week she got better and better, and now she is not in any pain at all and can walk normally. We can all start our life again now we are home.

"We were so happy when she took her first steps – we started crying. We were on the way to the car and she said, 'Mummy, can I show you something'."

Last July the family flew out to Florida to the Paley Institute in West Palm Beach where Dr Dror Paley told them that Victoria's left leg could be fixed perfectly – but he would have to amputate her right leg and fit a prosthetic if she wanted to walk again.

Victoria had her first nine-hour operation on July 24 last year when her right leg was amputated above her knee and pins were put into her left leg before a fixator was attached.

Over the following months, screws were twisted into Victoria's legs every day to move her bones into the right position.

Her second operation was on November 13 where the bones in her left leg were fused to strengthen the limb.

Two days later the youngster

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back to happiness

Victoria Komada in hospital in Florida, above, and left, taking her first steps

could walk again. The family stayed at the Quantum House charity base full time during their nine-month stay in Florida.

Victoria can now walk properly and will start school in September.

Dr Paley, who carried out the surgery, said: "We achieved all that we said we would achieve on her. The reconstructed leg is very functional.

"She can walk and run and do sports now. She has a superb result."

Picture: SWNS

The brave three-year-old girl stepping out at her home in Norwich yesterday

£800m in payouts for pets

PET insurers paid out a record £785million in claims in 2018, figures from the Association of British Insurers show.

The increase was driven by a rise in claim sizes as veterinary treatment becomes more sophisticated, it said.

The average claim cost climbed by £36 year-on-year to £793 last year.

But average premiums fell slightly for the first time in eight years, at £279 compared with £281 a year earlier.

The ABI said that, at 4.3 million, more pets were insured than ever before but there was a "worrying" level of under-insurance among cat owners.

Just 1.3 million felines are insured compared with 2.8 million dogs.

The ABI's Joe Ahern said: "There is no NHS for animals, so if you've not got a pet policy in place you risk having to foot veterinary bills out of your own pocket."

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As it's revealed the average woman has 13 items of clothes

I have HUNDREDS of unworn outfits in every size from 10 to 22

WHEN I read that British women have, on average, 13 unworn items of clothing in their wardrobes I was genuinely gob-smacked. "Is that ALL?" I thought incredulously. "Who are they trying to kid? What's wrong with them? How can they only own 13 things they don't wear?"

Because at Chez Malone in my five wardrobes (plus the dressing room) I have HUNDREDS of things I don't wear.

And that's not counting my 200 pairs of shoes – a third of which are sky-high stilettos which I can't even walk in, thanks to a hip operation and the fact I'm currently carrying two-and-a-half extra stone and would wobble like a jelly.

I have about 10 leather coats and jackets and triple that number of ordinary coats and jackets. Then there's about 80 T-shirts, 70-odd jumpers, 30 pairs of jeans, 20 pairs of black trousers (a big girl can never have enough black trousers).

I could go on, but I'm embarrassed. Because there are lots of reasons that I've held on to all this stuff, and a few excuses.

The first is that I'm obviously a bit of a shopaholic. There's what feels like an umbilical cord running from my house to our local TK Maxx that pulls me in there a shameful number of times a month.

The shoes? Well, it doesn't matter how fat you get, you can always fit into a nice pair of shoes, right?

Most women know the heart-sinking scenario of staring into the changing room mirror and realising that just because we can get the zip done up, it doesn't mean we should ever go out in public in a dress that makes us look like Michelin woman.

But shoes, they're the fashion consolation prize, aren't they? Your bum's never too big for a pair of five-inch heels.

ANOTHER reason my wardrobes are bursting at the seams is my body often feels like it's bursting at the seams. In any 12-month period I can swing between a size 10 and a size 22 – or anything inbetween. I'm Skinny Girl. Well-built Girl. Or Sumo Girl.

Right now I'm hurtling towards Sumo Girl.

Of course, this is entirely my own fault. I have the willpower of a gnat in a nudist colony. So I have to own clothes in multiple sizes.

I know people always say you should chuck out all your BIG clothes the minute you lose weight as an incentive never to go back there. But if experience and 40 years of dieting have taught me anything, it's that I very definitely WILL go back there. Often at breakneck speed. So, I hang on to them.

That said, I also cling on to some clothes in the certain knowledge that I will never get into them again – like the size 10 Dolce & Gabbana mini-kilt I managed to wear once before I developed a doughnut habit.

But then, as a friend pointed out the other day, it's not just my weight that stops me wearing some of my most amazing clothes. "You're 63, for God's sake," she said. "It's just not age appropriate to wear a mini-skirt at 63."

And there it was – that phrase. Age appropriate.

What's that all about? I'll tell you what it's about – it's about lost youth, lost sexuality. It's about giving up leather trousers for elasticated viscose ones. It's about swapping your skin-tight tops for grey jumpers. It's about saying goodbye to sexy, daring and dangerous clothes and hello to suitable, proper, age appropriate ones.

Well, to hell with that! That Dolce & Gabbana kilt is going nowhere.

We all need a little ambition in our lives, and I reckon that if I lost three stone and paired it with 70-denier tights and over-the-knee boots, there's a chance I could still rock that little kilt.

Because I refuse to let being 60 rob me of looking and feeling gorgeous. Or at least trying to.

So don't dare mention the M word to me. I know that mutton dressed as lamb is a fine line tread but I've never worn "safe" in my life and I'm not about to start now.

Which is why I'm also hanging on to the Karen Millen silver mini-skirt, the orange Pucci pants, the multi-coloured Versace shirts and

IMELDA MARCOS OF FLEET STREET: Carole with some of her collection of footwear

'There's what feels like an umbilical cord running from my house to TK Maxx'

she never wears, shopaholic Carole Malone says...

Pictures: TIM CLARKE

STORY OF HER LIFE: Carole admits she has the willpower of a gnat in a nudist colony when it comes to clothes – and doughnuts

the Gucci six-inch black patent heels. Because as a woman gets older, the reasons for the choices she makes about clothes are so much more complicated than just wanting to look young or sexy.

There are still outfits in my wardrobe that I bought and wore at a time when I felt great about myself. When I never doubted that I mattered. When I could walk into a room and command attention.

I KNOW that the way society views older women has changed in recent years – but not enough to stop us feeling, if not invisible, then a bit beige. It's as if the menopause stole not just our hormones but our wow factor.

When I was young, I always dressed to please myself – never to attract men. But whatever I intended, the clothes I wore did attract men.

Not because I'd have my boobs or my bottom on show. It was more about the way I wore them. With confidence. With chutzpah. Because while what you wear doesn't define you, it very definitely boosts your confidence. And THAT'S what's attractive – not just to men, but to everyone.

My clothes always made me feel powerful. Like I counted. Like I was someone to be respected.

And as you get older all of those feelings either become diluted or they disappear. So, in hanging on to those clothes, I'm hanging on to a time when I was at my very best, a time when people looked at me and what I was wearing and approved.

Scientists reckon the clothes we wear affect our behaviour, our attitude, our personality, our mood. Even the way we interact with each other. And don't we all know that to be true? If you're wearing something amazing and you know you literally couldn't look any better, then you're the life and soul of the party – fun to be around, charismatic, charming. You draw people to you. If you're feeling fat and old, you opt for something safe and black and feel none of the above. Of course clothes don't maketh the man – or in this case the woman. But they can tell you an awful lot about the person who's wearing them.

Which is why weall have to wear things that make us the best, the most stunning version of the person we already are.

I recently read something Celine Dion once said: "Don't tell me feeling good and looking beautiful doesn't help make you feel confident, sexy and strong. And feeling strong makes you succeed."

So, the next time some magazine tells you to edit down your wardrobe to a capsule collection, to be age appropriate, to throw out anything you haven't worn for a year, just say no.

If you have the space, hang on to those clothes for dear life. Because that is YOUR LIFE hanging on those rails.

It's who you are, who you have been and who you could be again.

A giant leap of faith!

By **Jamie Smith**

SOME people will do anything for a nice view.

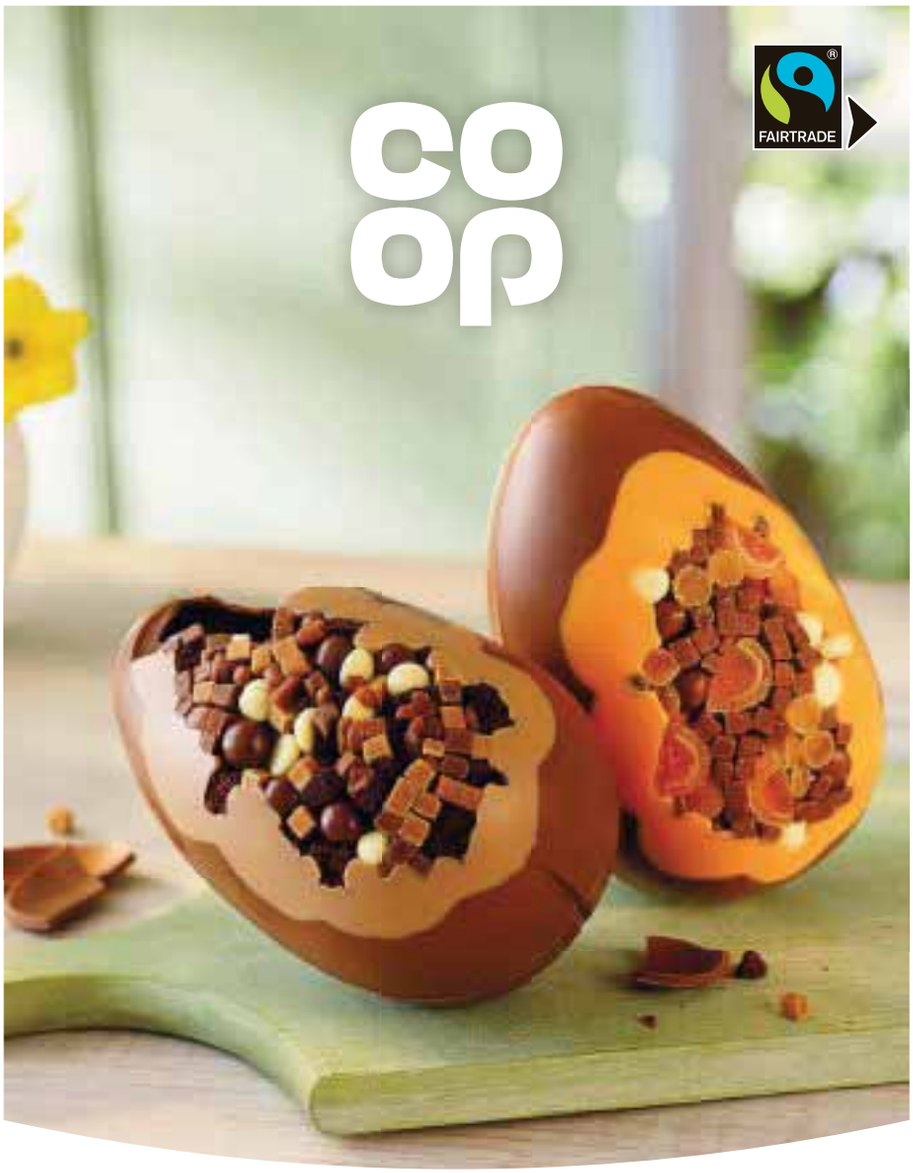
Daredevil Josh Jacobs, 29, parachutes off a cliff 2,500ft up Mount Snowdon.

He said it was the highest spot anyone has base-jumped on Wales' tallest mountain.

Josh was photographed by Dave Gallagher, 46, who said: "My images show Josh free-falling briefly then his canopy deploys, leading him to soar back and forth alongside cliffs before gliding down to land by the lake several hundred metres below.

"There's definitely a feeling of wild excitement, with satisfaction that another first has been accomplished, and relief that he is down safely."

Base-jumper Josh enjoys the North Wales scenery as he glides back to earth



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Devoted couple killed in 650ft buggy ravine plunge

By **Elly Blake**

FAMILIES of a young British couple killed in a buggy crash in Santorini have paid tribute to the "utterly devoted" pair.

Milly and Toby Savill died when their buggy plunged down a 650ft ravine on the Greek island at the weekend.

Yesterday Steve Coulson, the father of Milly and vicar of St Mark's Kennington in south London, said: "Milly and Toby were married in 2017.

"Their families are so proud of them, and although devastated we are comforted by having shared so many wonderful times of love and joy together.

Dedicated

"Toby and Milly were passionate about their Christian faith, and we are being sustained by the same sure hope of Easter Resurrection."

Milly's sister Joanna Coulson called the pair the "happiest couple with genuine love for every person that was part of their lives".

Ms Coulson posted on Facebook: "Our only comfort is in knowing that you are having the best party with Jesus right now and one day we will join you too. We love you both so much."

Milly, 25, and Toby, 26, both teachers from south London, had been driving the vehicle on the Profitis Ilias mountain when it crashed down the ravine on Sunday afternoon.

Teachers Toby and Milly Savill, right, died on Sunday as they drove a buggy on the Profitis Ilias mountain on the Greek island of Santorini

Principal Tim Dainty, of Ark Evelyn Grace Academy where Toby taught history, described him as a "very dedicated and passionate educator".

He said: "Toby joined our school in September 2018 as a newly qualified teacher of history. His enthusiasm was infectious. He had a very strong relationship with his students and was extremely well-respected by his fellow staff members."

Head of St Anne's Catholic Primary School Catherine Davis said Milly was a "much-loved teacher and member of staff". She added: "Such young lives cut short when so young can't be understood, apart from maybe the belief that Milly and Toby's share of God's work had – in his eyes – been completed and he was ready to welcome them into his kingdom."

Greece's fire service said it was called to the incident at 2.27pm on Sunday.

Firefighters and vehicles attended the scene, where the couple were pronounced dead.

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An infant's daffodil bonnet in 1961

Carol Warner at a 1961 London parade

Isabel Babianska models a hat in 1961

A tasty creation in London in 1958

Hats off to a parade of bygone Easter bonnets

By **Alex Jones**

IF you want to get ahead get a hat – and they don't come much more striking than these Easter bonnet creations.

Dating from the 1950s and 1960s, the black and white photographs capture some of the weird and wonderful hats on display in British Easter parades.

The delightful images include a baby clutching her daffodil-trimmed bonnet, a woman in a creation that looks good enough to eat, and another inspired by a flock of spring chickens.

The Easter bonnet tradition is thought to have its roots in the Lenten fast, when churchgoers keen to celebrate Easter as a time for renewal would don new hats to celebrate the occasion.

It wasn't until the 1870s that the custom really took off, thanks to the New York Easter Parade, which by the 1940s saw up to a million people marching along Fifth Avenue.

Pearl Firth wears her bird hat in London's Battersea Park in 1964

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Ricky cycles into the Heaveys' wall, performs a near-360 degree flip and lands next to Shep. Inset, he is helped away

Cyclist goes head over heel but lets a sleeping dog lie

By **Sophie Norris**

THIS is the moment a cyclist fails to hit his brakes and somersaults over a wall – just missing a snoozing pet.

CCTV images show Ricky Murphy fly over his handlebars, flip in the air and land next to 15-year-old border collie Shep.

The hapless cyclist is then helped away by neighbours.

Householder John Heavey told how he raced home after a panicked call from son Bradley, 10, who thought a man had been stabbed.

The 50-year-old baker found his front garden empty but smeared with blood.

And when he checked his camera footage he found the blood was his friend's.

But John, from Barnsley, South Yorks, said Ricky was "straight away laughing" after he showed him the film.

John said: "He just took the bend a bit too sharp I think. He's the brunt of all the jokes now. I think all of the village has had a good laugh.

"He scraped his face and bashed his nose a bit, but he was back in the pub afterwards having a pint."

John and wife Lisa were surprised at how calmly Shep took last week's near miss.

"It's funny that Shep didn't even move," added John. "When we're home, he always tries to open the gate and get out for a wander. It surprised me that he just lay there."

Lisa Heavey with the chilled out border collie in his napping spot

Crossrail 'won't start until 2021'

PASSENGERS wanting to travel on Crossrail face waiting until 2021, two years after services were due to start.

A manager from the new railway line beneath London told the BBC the "best-case scenario" would be the new link opening in spring 2020. A "middle probability" would be summer of 2020 and a "worst case is the spring of 2021".

Known as the Elizabeth Line, the railway costing £14-£15billion between Reading and Shenfield in Essex has been held up by testing of trains and signalling "proving more difficult than was first thought".

Antisocial behaviour fines soar

FINES of up to £100 for breaching "petty" council orders have soared, sparking fears about wardens exercising "unaccountable power".

Nearly 10,000 public spaces protection orders penalties were issued by authorities in England and Wales in 2018 – up from 1,906 in 2016 and just 470 in 2015.

The rise was fuelled by councils paying private firms to hand out fines, leading to concerns that wardens act "with incentives to issue as many fines as possible".

Rosie Brighouse of human rights group Liberty said: "There just seems to be very little scrutiny."

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Trainspotting 2 star dies in gun 'murder'

By **Tom Eden**

POLICE have launched a murder inquiry after Trainspotting 2 actor Bradley Welsh was shot dead.

Officers were called to a street in Edinburgh on Wednesday evening after "multiple reports" that a firearm had been discharged. A man was found wounded on a communal staircase and he died at the scene.

Police said identification is yet to take place but the victim is believed to be Welsh, 48, who lived nearby.

Trainspotting 2 author Irvine Welsh was among those paying tribute, describing the actor as his "amazing" friend. A police spokesman said the death was being treated as murder with inquiries suggesting it was an isolated attack.

Detective Superintendent Allan Burton said: "Our deepest sympathies are with this man's family and a significant inquiry is now under way to trace everyone who was involved in the murder"

Welsh starred alongside Ewan McGregor in T2 Trainspotting, playing gangland figure Mr Doyle.

'Murdered'...film actor Welsh

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By James Murray

WHEN Heidi Dance stood weeping at her brother's funeral last week, it was a particularly heart-breaking moment. Not only had she lost her beloved Rene, but she was fighting exactly the same illness that killed him – pancreatic cancer.

Just the day before the ceremony she was in hospital receiving a massive dose of chemotherapy in an attempt to prolong her life.

Brother and sister had fought the illness side by side. Rene, 51, was diagnosed in December and Heidi, 48, was told she had terminal pancreatic cancer just six weeks later on January 29.

Their doctors put it down to a tragic coincidence, even though the siblings' father Michael, right, died aged 74 of the same form of cancer in 2011. But mother-of-two Heidi is not convinced. Memories of her brother's torment are fresh in her mind.

"He was diagnosed shortly before Christmas," she says in a whisper. "He went downhill from then on. It was all so quick."

Her own health battles began in 2017 with severe abdominal pains, but it wasn't until September last year that the NHS sent her for a CT scan at a private hospital which, surprisingly, did not ring any alarm bells.

"I'd lost two stone in weight. I was down to eight stone and I told doctors about my father dying of pancreatic cancer, but they initially thought my pains could be due to irritable bowel syndrome," she said.

"The pains were horrendous. Some nights I had to rock myself to sleep. I just couldn't bear it.

"I had test after test but it was not until I had a second CT scan in January this year that the lesion on my pancreas was seen and I was given the diagnosis.

"At first they said it was operable, but later they told me it had gone into my blood vessels in the pancreas which ruled out an operation.

"I have stage three which is not as bad as my brother, who had stage four, but it is very serious.

"When I told Rene I'd been diagnosed with pancreatic cancer, he was so upset. When I later told him they couldn't operate on me, he broke down. He didn't want me to go through what he'd gone through."

RENE had complained of abdominal pains, weight loss and loss of appetite last winter and his worst fears were confirmed with a CT scan.

"Rene had one bout of chemo but was very ill. He'd gone yellow and lost so much weight, which was absolutely devastating for everyone, especially his wife and five children. To see him suffer so much was heart-breaking," says Heidi, from Reading, Berkshire.

"He had another dose of chemo about five weeks after the first but it was too late.

"I saw him on March 27 and we said our goodbyes and he passed away three days later. His body just shut down and that was it. It was very surreal being at his funeral. He was a great rugby player in Maidenhead and we had about 400 mourners there. Another brother of ours and a niece gave beautiful readings.

"I'd had chemo the previous day so I was pretty tired but I had to be there. I had to say my final farewell.

"I cried so much I didn't think I had any tears left, but I know I have to keep my own strength up to fight this awful disease.

"I'm still taking morphine but the pain is not as bad as it was because the chemo is working on the cancer.

"I know it is hitting the disease, so that is a good thing. I have to keep these positive thoughts in my mind. The family support has been absolutely amazing but nobody can believe that lighting has struck three times in one family."

Heidi is convinced there is a family link to the illness.

"The hereditary link is well known in breast cancer, which allows people time to check for early signs of the disease, but it's not the same with pancreatic cancer and that's why I'm speaking out now to change the thinking and make people aware," she says.

"They say this type of cancer does not run in families but the terrible toll it has taken on our family suggests to me there is a hereditary factor.

"I want to use all the strength I have to encourage doctors to do more research so families are better prepared and the disease can be detected earlier, when it is not too late.

"I'm not just doing this to help my children and grandchildren, it is for other families who could be devastated as we have been."

FOR Heidi, a supervisor for a restaurant chain, every day is a battle as she copes with her grief and the draining effects of chemo. "Something good must come out of this family tragedy, something positive," she insists.

Heidi's sister Lori, 46, who lives in Sydney but came over for Rene's funeral, says: "There've been times when Heidi was in so much pain I thought she may take her own life. I've come over for my brother's funeral and to support Heidi because she's been through so much.

"However much you throw at her, she still smiles, chats and looks for something positive. That is rare. I really do not know how she does it, where she gets her strength from, and we are all so proud of her."

Lori herself has undergone some tests back in Australia, which have all come back negative. Now she fully backs Heidi's call for a new test to be developed to see if the disease can be diagnosed earlier in those deemed to be at a hereditary risk.

Heidi has given her medical history to genetic experts at the John Radcliffe Hospital in Oxford.

"I'm happy to tell them everything about my illness and obviously that I've lost my brother and father to the same disease," says Heidi.

"I hope they can identify something, perhaps a marker in a gene,

Pictures: STEVE REIGATE

When I told my brother I had the cancer that was killing him, he broke down and cried

First pancreatic cancer took her father, then her sibling died. Now Heidi, 48, is also fighting for her life

FAMILY CURSE: Pancreatic cancer has already claimed the lives of Heidi's father and her brother Rene, above. But Heidi wants to be the miracle case

which will help experts working on cures and alert family members that they could be at risk so they be closely monitored medically.

"Catching this disease early is absolutely vital."

Heidi has a son Jody, 23, and a daughter Cally, 28, who has two young children.

"The last thing in the world I want is for any of them to go through this," says Heidi.

"I have so much to live for, so I will fight and fight. I want to be the miracle case, the one who proved the doctors wrong."

Heidi has shared her story on a justgiving page to raise money for the charity, Pancreatic Cancer Action.

Lucy de'Lemos, the charity's fundraising development manager, said: "When we saw Heidi's fundraising page we were all completely heartbroken.

"To hear that her brother, Rene had been diagnosed in December 2018 with stage four pancreatic cancer at only 51 was shocking enough but then to find out that she herself had been diagnosed in 2019 was just terrible.

"Heidi's determination and passion to raise awareness and funds is truly inspirational – despite going through chemo herself.

"It is amazing to see the amount of support that her friends and family have given her as well as her employer, The Lounges. There have been raffles, fundraising nights and personal donations bringing them close to their target of £10,000.

"These funds are vital to help us continue our work."

In the meantime, Heidi's battle goes on. Having lost a brother and her father to the same condition, she remains defiant and determined to win.

● *To donate to Heidi's appeal go to justgiving.com/fundraising/heidi-dance1*

HICKEY

WITH the final instalment of the current Star Wars trilogy released this December, Luke Skywalker actor Mark Hamill mischievously remarks: "I love to tease the fans online… I'm sure Disney's not that happy about it."

The 67-year-old, pictured, who first appeared as Luke more than 40 years ago, cheekily adds: "But what are they going to do? Fire me? It's too late!"

COMBATIVE petrolhead Jeremy Clarkson, 59, unsurprisingly no fan of eco activists causing chaos in London, snaps: "The police can't do anything about knife crime because they're having to deal with all those happy-clappy eco vicars."

He critically adds: "The BBC's coverage of this climate protest is hilariously biased… the BBC is supposed to be neutral."

Memorably axed by the corporation after punching a producer, Jeremy's unlikely to be warmly welcomed back to Broadcasting House any time soon.

WHILE long one of the world's most celebrated actresses, Dame Judi Dench, 84, makes a rule of trying to avoid watching her performances on screen.

"I don't see myself on film," she insists. "I'm terribly conscious of what I chose to do and not to do in a moment. And I'm always irritated."

Preferring to appear in long-running theatre productions where she can perfect her efforts night after night, Oscar-winner Dame Judi explains: "You do a performance, someone says something, so you change it a bit."

Adding of movie roles: "But once it's up there in celluloid, it's there for ever."

FONDLY remembered for her portrayal of JR Ewing's regularly sozzled spouse Sue Ellen in Dallas, actress Linda Gray admits to voicing frustration about the character's fate to show executives.

The glamorous 78-year-old, pictured, recalls complaining: "She's drinking, she's having affairs… then she drinks again and has more affairs. This is boring." Gray now laughs: "Nobody agreed with me."

STILL enjoying locking horns with enemies on Twitter as he approaches his 80th birthday, John Cleese has no intention of ending hostilities any time soon.

Warned on the social media site he could be "killed" for making light of a much-publicised racism row surrounding Waitrose chocolate ducklings, the Fawlty Towers star responds: "Winston Churchill once said that being fired at, and not being hit, was an exhilarating experience. I feel exactly the same about being insulted by half-wits. I can't get enough of it."

SUPERSTAR Barbra Streisand, 76, recalls coming off second best when singing in her school choir as a child in Brooklyn, New York.

Highlighting the presence of another future performer, she explains: "There was someone else in the school choir who was much better than me… you may have heard of Neil Diamond."

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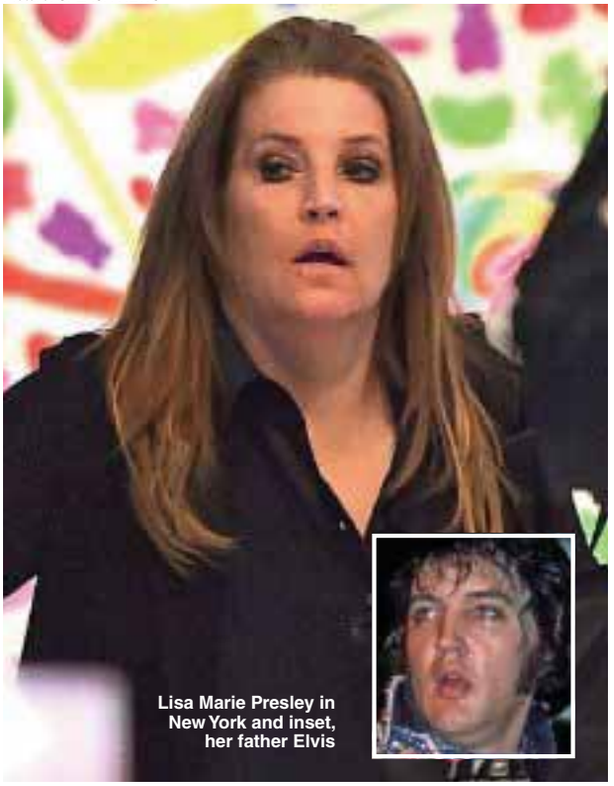
Picture: SPLASH NEWS



Lisa Marie Presley in New York and inset, her father Elvis

Lisa Marie, a lip off the old block...

WITH her pouting lips, Lisa Marie Presley bears an uncanny resemblance to her late father Elvis.

The music legend's only child was pictured in public for the first time since an explosive TV documentary accused her ex-husband Michael Jackson of sexually abusing children.

Lisa Marie was in Dylan's Candy Bar on New York's Upper East Side, with her actress daughter Riley Keough and son-in-law, Ben Smith-Petersen.

It is the first time mother-of-four Lisa Marie, 51, who was married to pop icon Jackson from 1994 to 1996, has been spotted out since Leaving Neverland was shown last month. The film featured claims of child sex abuse against Jackson by two men. Jackson, who died aged 50 in 2009, was first accused shortly after he and Lisa Marie got together.

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WEDNESDAY, APRIL 17
LOTTERY
8 23 28 42 43 51 52
THUNDERBALL
5 13 15 32 34 7

TUESDAY, APRIL 16
EURO LOTTERY
1 8 15 44 49 2 11
THUNDERBALL
2 14 16 22 38 3

THE HEALTH LOTTERY

THURSDAY, APRIL 18
12 27 29 43 45 31

WEDNESDAY, APRIL 17
1 3 40 42 47 37

The society benefiting from all draws in April through the Health Lottery is Health Lottery London West.

30-SECOND CHALLENGE

JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge. For the very young or arithmetically rusty, you have 30 seconds for the BEGINNER task. For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found on page 38

										YOUR ANSWERS
Beginner	24	÷6	+8	x5	-39	2/3 OF THIS	+44	50% OF THIS	-21	
Intermediate	224	-55	TAKE THE SQUARE ROOT	+143	75% OF THIS	+168	3/5 OF THIS	+141	5/8 OF THIS	
Advanced	448	7/8 OF THIS	+124	5/12 OF THIS	REVERSE THE DIGITS	-252	INCREASE BY 75%	+29	TAKE THE SQUARE ROOT	

PHONE POLL RESULTS

We asked in our poll on Wednesday:
Should care home revenge evictions be outlawed?

YES: 96%
NO: 4%

SUDOKU

Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

	7				9		5	
1		8		6		2		4
	5			4	1		8	
			2		3	5		8
	2	7				4	9	
5		1	4		8			
	4		9	8			2	
3		2		5		7		9
	1		7				4	

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MORE PUZZLES - PAGE 35

YESTERDAY'S SOLUTION

3	2	4	1	8	5	6	7	9
8	1	9	7	6	3	4	5	2
6	5	7	4	9	2	3	1	8
4	9	8	2	3	1	5	6	7
5	3	6	8	7	9	1	2	4
1	7	2	5	4	6	9	8	3
9	8	1	3	5	7	2	4	6
2	4	3	6	1	8	7	9	5
7	6	5	9	2	4	8	3	1

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Grandma as drawn by Giles. Inset, the cartoonist at his drawing board and a statue of his creations in Ipswich

Express cartoonist Giles's characters to be musical stars

By **Frances Millar**

CHARACTERS created by the late and great Daily Express cartoonist Carl Giles are to be brought to life in a musical.

His first appeared during the Second World War and his last in 1991 when John Major was prime minister.

Early efforts were overtly political but then on August 5, 1945 the Giles family made their first appearance, featuring his formidable Grandma and her various feckless offspring.

A classic joke showed the whole family asleep in front of a roaring fire except for one excited member complaining an election date has not been announced.

Musical Grandma Saves The Day! is set in the late 1980s and will open at Ipswich's New Wolsey Theatre next Friday. It tells a Romeo and Juliet love story... with laughs. Ronald "Carl" Giles, who received an OBE in 1959, was born in London but lived and worked in Suffolk for most of his life. He died aged 79 in 1995.

For over half a century Britain's best loved cartoonist created more than 7,000 drawings for the Express titles and became a royal favourite.

Besides Grandma – now a statue next to Giles's Ipswich studio – his cast included Aunty Vera, Father, Mother, the mischievous twins and Grandma's parrot, Attila the Hun.

Musical writer Phil Willmott, 51, said Giles's cartoons, which featured in the Daily and the Sunday Express for almost 50 years, were at the "forefront of British satire".

As a child he was given an annual compilation of Giles's cartoons and said: "I used to pour over them, entranced by the hilarious little details."

Crusaders conquered hearts too

By **John Ingham**
Environment Editor

MEDIEVAL Crusaders made love as well as war, a detailed study of their skeletons has revealed.

DNA tests show that they not only fought in the Holy Land but settled there and married into the local population, researchers said yesterday.

Scientists studied nine skeletons dating from the 13th century found in a mass burial pit in Sidon, Lebanon.

Each of the Crusaders had suffered violent deaths in battle with clear evidence of blunt force injuries to their skulls and bones.

Analysis in a specialist Cambridge laboratory found that three were Europeans from areas including Spain and Sardinia.

But four were from the Middle East and had been recruited to the cause. Two had mixed genetic ancestry, suggesting they were the offspring of relationships between Crusaders and locals.

The study by the Wellcome Sanger Institute, published in the American Journal Of Human Genetics, is the first to analyse the DNA of ordinary Crusaders.

It found they forged relationships but left no lasting genetic legacy in the Middle East.

Researcher Dr Marc Haber said: "The Crusaders had relationships with the local people. However, after the fighting had finished, the mixed generation married into the local population and the genetic traces of the Crusaders were quickly lost."

The Crusades lasted on and off for 200 years as Christians led by Europe's nobility including Richard the Lionheart tried to reclaim Jerusalem from Islam.

Crusader warrior's bones were found in the mass burial pit in Sidon

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EASTER SHOWSTOPPERS

For a bank holiday feast, we've got the goodies. From a twist on the classic lamb dish

Lamb chops with warm cannellini bean purée, confit herbed tomatoes, crumbled feta, peas and a lamb jus

IRINI TZORTZOGLOU'S LAMB CHOPS

Ingredients

For the lamb stock: *1 ltr chicken stock, 500g of lamb bones, 150ml red wine, 1 white onion, 2 carrots, 2 celery sticks, 1 leek, 1 bouquet garni (fresh bay leaf, sprig of rosemary, sprig of thyme), salt, pepper, butter*

For the lamb chops: *2 lamb loins on the bone, 1 lemon, chopped rosemary, thyme and fresh oregano, olive oil, salt, pepper*

For the cannellini bean puree: *2 cans of cannellini beans, 60ml of olive oil, 4 tbsp tahini, 1 lemon, a pinch of dry oregano.*

For the confit tomatoes: *250g of baby tomatoes on the vine, 100ml olive oil, 2 garlic cloves, sliced, 2 rosemary sprigs, 2 bay leaves, 2 thyme sprigs*

For the peas: *200g of fresh peas, a knob of butter, salt, pepper, 2 garlic cloves, sprig of mint*

For the garnish: *50g of feta cheese, pea shoots*

Method: For the lamb stock: Brown the bones in a bit of olive oil. Add the red wine and cook off. Add vegetables, chicken stock, bouquet garni and season. Bring to the boil and then simmer for 45 minutes.

Strain, transfer to clean saucepan, taste for seasoning and reduce to half. Just before serving, add some butter and whisk to make glossy.

For the lamb: Trim and clean loins of all fat. Cut in individual chops and toss in some olive oil, the chopped herbs, a squeeze of lemon juice, salt and pepper. Leave to absorb flavours for a while.

Heat the griddle pan well and cook the chops for two to three minutes each side. Rest somewhere warm for a few minutes before serving.

For the cannellini bean purée: Warm the cannellini beans and put in a blender with olive oil, tahini, lemon juice, seasoning to a smooth purée. Add a pinch of the dried oregano and stir.

For the confit tomatoes: Preheat the oven to 150C.

Blanch the tomatoes in boiling water to remove the skin. Put the oil into a baking tray, large enough to fit the tomatoes in a single layer. Add the sliced garlic and herbs.

Coat the tomatoes in the oil, season and roast till soft and caramelised.

For the peas: Cook the peas in boiling water for a couple of minutes. Drop in some icy water to keep the bright green colour. Strain and keep till serving.

Just before serving, put a knob of butter, a little water, a pinch of salt, pepper, a garlic clove and a sprig of mint into a shallow pan and bring to the boil. Cook the peas in this hot emulsion for another couple of minutes before serving.

To serve: Put some cannellini purée on the plate, arrange three chops on each plate, the tomatoes and peas and sprinkle with a little feta before adding the jus.

● *Follow Irini on Instagram@ irinitzortzoglou*

TRY A SIDE

Crushed new potatoes with watercress

Put 1kg charlotte new potatoes in a large pan, cover with salted water and bring to the boil. Boil for 15–20 mins or until tender. Drain and return to the pan.

Add 100g washed and chopped watercress, 50g butter, freshly ground black pepper, and a good grating of nutmeg.

Cover the pan and shake well to coat in the butter and watercress, which will wilt.

MasterChef judge John Torode's tip: Use a large spoon to press the potatoes lightly, so that they just burst, allowing the buttery, peppery flavours to sink in beyond the skin. Delicious!

Easter weekend!
Weather's looking great,
so are these prices!

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drinkaware.co.uk for the facts
Please drink responsibly

FROM MASTERCHEF STARS

to a delicious chocolate cake, three MasterChef champs have the recipes to impress

Pictures: ADAM GERRARD, BBC

JANE DEVONSHIRE'S CHOCOLATE EASTER CAKE

I love to make this cake. The bottom layer is a bit of a cheat but most of the best home recipes are – it's simply a Rice Krispie chocolate cake with a surprise centre.

The top cake is a really indulgent rich chocolate cake.

The joy of this is that you get all the impact of a double-decker cake with none of the worries about it collapsing, making it an easy-to-assemble stunning two-tier cake that could grace any table this holiday.

Bottom Tier: You will need a 22cm spring form or loose bottom cake tin lightly buttered. A tall glass tumbler, lightly buttered on outside

Ingredients: *200g Rice Krispies or similar, 200g milk chocolate, 100g dark chocolate 70% cocoa, sweets of your choice, I used different coloured chocolate eggs but it's entirely up to you.*

Method: Place a bowl over a saucepan of boiling water so the base is not touching the water. Break up the chocolate into small pieces and place into the bowl, turn down to a simmer and gently melt the chocolate. Try not to stir too much and don't overcook. Take off just as the last piece melts when the chocolate is glossy and thick. Remove from heat, gently fold in Rice Krispies, you can add chocolates, marshmallows, nuts etc if you want to.

Place the tumbler in the centre of the tin (you can weight it with baking beads to make this a little easier) and spoon the Rice Krispies around it, gently pushing down as you go.

You are creating a doughnut-type shape that we can fill with chocolate eggs or sweets of your choice once the cake is assembled.

Place in fridge to chill and set while you cook the chocolate cake.

Second tier: 17cm spring form or loose bottom tin, lightly buttered and dusted with coco powder

Oven preheated to 180/350/gas mark 4

Ingredients: *200g softened unsalted butter, 200g caster sugar, 3 large eggs, 125g self-raising flour, 25g cocoa powder, 75g ground almonds, 100g dark chocolate 70% cocoa, melted using method above*

Method: Cream the butter and sugar together until light and pale coloured.

Add the eggs one at a time and whisk in thoroughly (if mixture starts to split add a dessert spoonful of the flour to the mix). Sieve the cocoa powder and flour into the mix in three batches, whisking to combine.

Whisk in ground almonds. Melt and add the chocolate, stirring in carefully using a figure-eight motion to retain cake lightness. Add the mixture to buttered and cocoa powdered tin and place in the oven for 50-55 minutes. 180C/350F/gas mark 4.

Test with a skewer. If it comes away clean, it's cooked. Remove from oven and cool completely before icing.

For the icing

Butter Icing: The secret to good buttercream icing is time. You do have to take 5 minutes to get your butter wonderfully whipped. It's worth it and a lot easier if you have a stand mixer or food processor. An electric hand whisk works too. Alternatively cheat – there are some great ready-made chocolate icings in the supermarket.

Ingredients: *400g melted dark chocolate 70% cocoa, 500g softened butter, 1500g icing sugar, 150g sieved cocoa powder, 3 tbsps double cream*

Method: Beat the butter until it's light and fluffy. This takes about 5 minutes. You will see the butter change to a very pale cream colour. Scrape sides of bowl during process.

Melt your chocolate during this process, then leave to cool.

Beat in sieved cocoa, whisk for 2-3 minutes.

Sieve the icing sugar into a bowl and slowly add to the buttercream, alternating with tablespoons of double cream, taking a minute or two to whip in between.

Pour in cooled melted chocolate and whisk on slow until incorporated, then turn on to fast and whip for 2-3 minutes until light and fluffy.

Putting it together...

To assemble the cake, remove the glass from the middle of the Rice Krispie cake, place a little icing on your cake plate to anchor, then ice as you would like, filling the middle with mini-eggs and sweeties.

Slice the cooled top cake in half and ice both insides, add fresh raspberries to cut through sweetness and then ice.

I wanted to show a cake everyone could do at home that was fun for the children, so I have iced and then used chocolate fingers interspersed with brightly coloured mini-eggs and shop bought decorations but the joy of this cake is to decorate it how you want.

Fresh edible flowers look beautiful and make a more adult cake. Just go wild and Happy Easter all.

● *To make the cake gluten-free use gluten-free equivalent cereal, check all chocolates used are gluten-free and simply swap out the self-raising flour for an equal quantity of gluten-free plain flour and add 1 teaspoon gluten-free baking powder.*

● *Hassle Free, Gluten Free, by Jane Devonshire (Bloomsbury Absolute, £22)*

SIMON WOOD'S MAPLE SYRUP HOT CROSS BUNS

Ingredients: *500g strong white flour, plus extra for dusting, 75g caster sugar, 2tsp mixed spice powder, 1tsp ground cinnamon, 1 lemon, finely grated zest only, 10g salt, 10g fast-action dried yeast, 40g butter, 300ml milk, 1 free range egg, beaten, 200g sultanas, 50g finely chopped mixed candied peel, oil, for greasing*

For the topping: *75g plain flour, 2tbsp maple syrup, for glazing*

Method: Preheat the oven to 220C. Put the flour, sugar, spices and lemon zest into a large bowl and mix together. Then add the salt and yeast placing them at opposite sides of the bowl.

Melt the butter in a pan and warm the milk in a separate pan.

Add the butter and half the tepid milk to the dry ingredients

Add the egg and use your hands to bring the mixture together, incorporating the flour from the sides of the bowl as you go.

Gradually add the remaining milk to form a soft dough (you might not need to use all the milk).

Tip the dough out on to a floured surface and knead by hand adding the sultanas and mixed peel into the dough.

Lightly knead for a further 10 minutes until the dough is silky and a smooth ball has been formed.

Oil a bowl and place the dough in the bowl and cover with cling film and leave to prove for 1 hour, or until the dough has doubled in size.

Turn the dough out on to a floured surface and divide into 12 balls.

Line 1-2 baking trays with greaseproof paper.

Carefully place the balls on to the trays and flatten slightly.

Place a damp tea towel over the top of the balls on the tray and leave for a further 45-50 minutes, or until the buns have doubled in size.

For the topping, add the flour to a bowl with 100ml of water, mix together to make a paste and spoon into a piping bag.

When the buns have risen, remove the damp cloth carefully, pipe a cross on each bun and bake for 15-20 minutes, until golden brown, turning the trays around to achieve consistent cooking.

Gently heat the maple syrup in a pan and while the buns are still warm, brush the buns with the syrup to give them a nice shine. Leave to cool.

● *Simon Wood is the owner and executive chef at WOOD restaurant – http://www.woodmanchester.com*

● *MasterChef Cookery Course. DK, available as an ebook rrp. £8.99. DK.com (with attached book jacket)*

● *The new MasterChef cookware range is available now on www.amazon.co.uk/masterchef theofficialstore*

Young at heart but your legs can't keep pace?

Finally, relief from tired, heavy feeling legs

says Katherine Carter

If tired, heavy feeling legs and puffy feet is a burden of your life and stopping you from doing every day tasks, it is probably due to poorer circulation. Sufferers of poorer circulation, diabetes and osteoarthritis are finding a new lease of life after using a revolutionary device in the home which gives the feeling of 'rested' legs. More than a million people are now dedicated to Revitive Circulation Booster, which is a high-tech medical device yet is very simple to use. Revitive is being clinically-proven to actively increase circulation to help with the symptoms associated with poorer circulation – as well as improving our feeling of health generally.

Revitive can weave its magic while you sit back in your armchair and watch TV thanks to its easy operation, and is the culmination of a century of research. The circular footrest is a dynamic hub for electrical muscle stimulation (EMS) technology, sending electrical pulses up through the feet and into the body to actively increase circulation.

Few people realise it but the calves act as our second heart, pumping blood up from the body's farthest reaches back to the heart. It's no secret that circulation tends to slow through diet, leading a more sedentary lifestyle or due to medical conditions. As we get older and after we've been on our feet for a while, at best many of us find ourselves tired, our feet and ankles puffy. Yet sufferers are discovering that that is a thing of the past thanks to Revitive, a drug-free treatment used from just 30 minutes daily that won't interfere with any existing medication. EMS technology has been a noted treatment for poorer circulation for almost a century but Revitive takes it to new level.

Drug-free, it helps to stimulate those important foot and calf muscles giving you that new lease of life. William, 62, from Northumberland, "I can honestly say I believe my problems with puffy feet and tired legs have gone, and somehow my legs now feel lighter". Speak to your healthcare professional about how the Revitive Arthritis-Knee model not only sends signals through your feet, it also features specially designed arthritis pads for the upper legs, helping strengthen leg muscles so they support and stabilise knees, helping to keep the joint mobile and reduce any puffiness. David Simpson, 72, a diabetic who suffers with osteoarthritis in the knee, has been using Revitive for five years. He said: "I was due to have a knee op but it was postponed so I upped my Revitive sessions to an hour–and–a–half a day. "I feel my knee's improved dramatically – walking back up the hill from the newsagent became easier so I've taken to walking at least half–an–hour a day again like I used to."

Revitive technology has also been clinically-proven to reduce tired legs caused by poorer circulation, as well as being a great help for those with muscle problems and those who have restricted mobility, especially while recovering from an operation. A recent clinical trial showed that Revitive increased lower leg circulation by 50%. It has been tested in conjunction with leading universities and now researchers at Imperial College London are leading a five–year clinical trial program.

The Revitive Circulation Booster has a proven track record and is there to help with various circulatory problems as we get older.

For more information call 0800 0146 111 or visit www.revitive.com

Suffering with Tired, Heavy legs & Puffy Feet when doing everyday tasks?

EASTER SALE

SAVE £119 - HURRY LIMITED TIME OFFER

If you or a loved one suffer with tired, heavy feeling legs and puffy feet and ankles it could be the result of poorer circulation in your lower limbs. Tired, heavy feeling legs can affect the simple things we love doing like gardening, walking the dog or playing with grandchildren. It could also be the result of medical conditions such as arthritis or diabetes, or general immobility associated with age as it can get harder for your body to activate the muscles in your lower limbs.

Whether heavy feeling legs and puffy feet is an occasional annoyance or is there more often, it can hold you back.

The REVITIVE Circulation Booster® is a drug-free medical device which uses clinically-proven EMS technology to get your leg muscles pumping which actively increases your circulation to reduce tired, heavy legs and puffy feet and ankles.

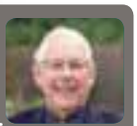
AS SEEN ON TV

See how REVITIVE has helped people like you:

"I feel my knee's improved dramatically – walking back up the hill from the newsagent has become easier so I've taken to walking at least half an hour a day again like I used to."
David, 72, Diabetes & Osteoarthritis sufferer

Mary: **"Now I'm getting older I find my legs don't want to do quite what I want them to do. I used the REVITIVE before we went dancing and I found out I was able to do a lot more dancing that evening than I've done for some time."**

Maurice, Diabetes sufferer: **"I would recommend the REVITIVE to anyone that has got problems with their legs - it really is a boost."**



"On seeing Ian Botham use the REVITIVE on TV, I thought maybe that would be something that would help my wife.

My wife has it for her tired and heavy legs and slight bit of puffiness on the ankles. I started using it because I get cramp in bed. We've been using it for nine months now and I wouldn't be without it."
Len, Bognor Regis

HOW DOES IT WORK?

The REVITIVE Circulation Booster® range are drug-free medical devices designed to get your leg muscles pumping and actively increase your circulation which reduces tired and heavy feeling legs and reduce puffy feet and ankles. The muscles of the legs and feet contract and relax – acting like a 'second heart' to help pump the blood uphill from the feet and ankles, back towards the heart. REVITIVE uses electrical muscle stimulation (EMS) to enhance this process.

Clinical study shows **significant increase** in blood flow†

EASY TO USE

– use daily for the full 60 day trial to see maximum benefits

- To get the most out of your REVITIVE, there needs to be strong muscle stimulation & hydration plays an important role - drink water & apply the FREE moisturiser
- Place your bare feet on the foot-pads & use the controls to gradually increase intensity until you feel or see strong & comfortable contractions of the calf muscles
- Sit back, relax & enjoy REVITIVE, drug-free professional strength therapy from the comfort of your own home

60 DAY RISK-FREE TRIAL

VAT RELIEF††

If you suffer a long term illness or disability, you may be able to claim back the VAT, ask our friendly Customer Care team for details.

MEDICAL SCIENCE SUPPORTS REVITIVE'S EMS TECHNOLOGY

The REVITIVE Circulation Booster® has been designed and developed with leading UK universities.

REVITIVE harnesses the power of clinically-proven Electrical Muscle Stimulation (EMS) technology which has been used as a medical therapy for almost a century. Imperial College London's vascular surgery department at Charing Cross Hospital London has conducted extensive clinical studies with the REVITIVE Circulation Booster® and advocate its use.

The world-renowned research team at Imperial College London, is continuing to lead a 5-year clinical trial program to investigate the positive effects REVITIVE is having in a range of patient groups including diabetes and other issues common in an ageing population.

Vascular Surgeon Recommended:

"I recommend REVITIVE to anyone‡ suffering with the effects of poorer circulation - swollen feet & ankles, aching legs and feet."

Professor Jonathan Beard, Consultant Vascular Surgeon, Sheffield Teaching Hospitals

Is REVITIVE Medic for you?

The REVITIVE Medic Circulation Booster is indicated for those with **aches & pains**, **leg cramps** or **numbness** - most common in people with:

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✓ **High Cholesterol** ✓ **Diabetes**

Also improves symptoms associated with:
✓ **Varicose Veins**

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Friends dig up £150,000 coin hoard

By **Paul Jeeves**

METAL detector enthusiasts have dug up a vast 14th-century hoard of rare gold and silver coins worth an estimated £150,000.

Over four days they excavated 557 coins – including 12 very rare full gold nobles from the time of the Black Death.

Miracle

Andrew Winter, 38, brothers Tobiasz and Mateusz Nowak, 30 and 33, and Dariusz Fijalkowski, 44, slept by the hole to safeguard the find.

The collection is in a museum and will be independently assessed, with the value split with the owner of the field in Hambleden, Bucks.

But experts estimate the Hambleden Hoard could be worth £150,000.

Mateusz, a hospital cleaner from Newcastle, said: "It was a miracle moment after moment for everyone." Tobiasz, a baker from the city, added: "I can't even imagine how we got so lucky. It was the best weekend of my life."

Friends Andrew, Tobiasz and Mateusz were about to give up when Andrew's machine emitted a code for a hammered silver coin.

The trio turned over a clod with two coins, and could see more in the hole. It happened as then-stranger Dariusz found two silver coins nearby.

Organisers were told and the foursome were left to work alone. They said they had to fight off competition and it got "absolutely hectic".

Andrew a forklift and crane driver from Blyth, said they "just kept finding". "My machine was like a Hoover."

Dariusz, a father of three and machine operator from Bristol, added: "When I found the coins I was shouting so much because I was so excited. Maybe I should have stayed quiet but I was so happy."

Some of the rare coins, left and right, found by Dariusz, Mateusz, Andrew and Tobiasz, above

Fish is off menu for the young

By **Hanna Geissler**

MILLENNIALS struggle to cook fish and are only eating half as much seafood as their grandparents, a survey has found.

Eating just two portions (10oz) of fish each week, including one of oily fish, provides enough omega 3 to help keep the heart healthy.

A survey of 2,000 people found that just 15 per cent of 18-34-year-olds ate the recommended amount, compared with 30 per cent of over 55s.

The research by industry body Seafish also found that only a quarter of younger people felt "very confident" preparing seafood at home.

Seafish boss Marcus Coleman said eating fish was "vital" and "this drastic change in seafood consumption among millennials is deeply concerning".

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50 Litre Cream

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The 30-litre version measures 56.5cm x 30.5cm and weighs 5kg. The 50-litre version measures 86.5cm x 30.5cm and weighs 6kg. Requires four D batteries (not supplied).

30 Litre Dustbin - £49.99 Was £99.99
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G0624-SS Stainless Steel

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G0625-CRM Cream
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30 Litre Stainless Steel

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Wedding b

Fashion editor **ANTONIA KRASKOWSKI** reveals the b

ASOS
Online retaile
ASOS launched its
bridal collection in 2
roaring success. Fash
styles range from stater
back gowns and capes
to city wedding-friend
for under £200. Brides
everything from their
dress to lingerie, sho
floral crowns at this "c
shop. Available o
at asos.com
Dress, £150

MONSOON
Monsoon was the pioneer in providing brides with budget-friendly options. Its new collection features something for every taste from traditional dresses to flowing bohemian styles and chic modern shapes. Prices start from £299. It also caters for the bridal party, with stylish dresses for bridesmaids and the mother of the bride, as well as adorable options for flower girls and page boys. Available in selected stores and at monsoon.com
Dress, £499; clutch bag, £40

GHOST
Slip skirts and bias cut dresses are a huge trend for summer and bride in the know can snap up stunn silk styles from Ghost from as li as £225. The brand also offe a dye-to-order service to ensu an ideal hue for brides and their bridesmaids for a pictur perfect wedding day. Available online at ghost.co.u
Dress, £695; veil, stylist's own

FRENCH CONNECTION
Following the successful launch of its first bridal range last year, French Connection has returned with a second capsule wedding collection. Featuring a selection of timeless gowns as well as contemporary styles including a jumpsuit, prices start from just £170. Available in selected stores and at french connection.com
Dress, £295

Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions on Monday**

EASY

		8	5		4	3		
2	1			7		5		8
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MEDIUM

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DIFFICULT

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	9		2		1	4		
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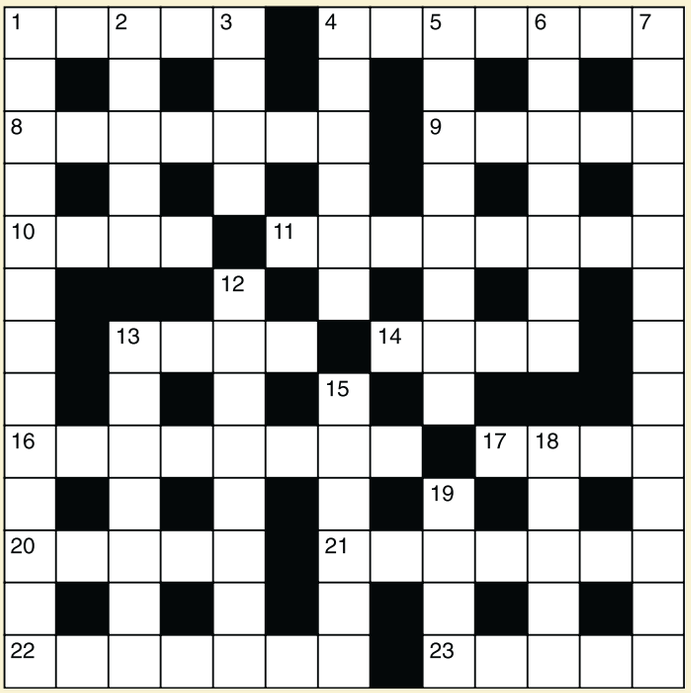
8					7			3
	6						9	

Extra clues: **0901 322 5609**
*Calls cost 75p plus your telephone company's network access charge.

Today's solution: **0907 181 2573**
*Calls cost 80p per minute plus your telephone company's network access charge.

● *The Express Bookshop stocks numerous books of Sudoku puzzles (from £5.99) and the Infinite Sudoku CD Rom (£9.99). To order, please call **01872 562310** or order online at **www.expressbookshop.com**. UK delivery is free.*

QUICK CROSSWORD



ACROSS
1 Angry (5)
4 Suppose (7)
8 Clumsy (7)
9 Writhe (5)
10 Chessman (4)
11 Elegant (8)
13 Circle (4)
14 Cabbage (4)
16 Saviour (8)
17 Stupefy (4)
20 Vigilant (5)
21 Odd (7)
22 Oriental (7)
23 Spectre (5)

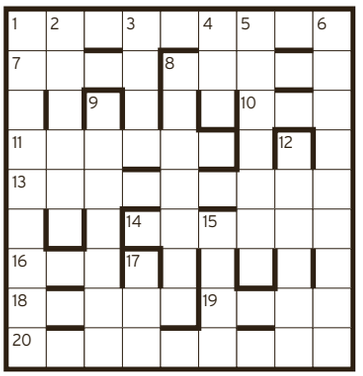
DOWN
1 Unsuitable (13)
2 Awry (5)
3 Vivacity (4)
4 Abrupt (6)
5 Reasonable (8)
6 Copy (7)
7 Diversion (13)
12 Upset (8)
13 Remedy (7)
15 Diminish (6)
18 Dance (5)
19 Card game (4)

Solution on Monday

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - **Helpline 0333 202 3390*

SMALL CROSSWORD



ACROSS
1 Traveller on a bus (9)
7 Resound (4)
8 Canal boat (5)
10 Venomous snake (3)
11 Utterly quiet (6)
13 Synthetic material (9)
14 Dormant (6)
16 Road traffic accident (abbr.) (3)
18 Soil (5)
19 Slightly open (4)
20 Mean and cowardly (9)

DOWN
1 Sweated (9)
2 Deed (6)
3 Unspecified amount (4)
4 Short light sleep (3)
5 T danger (anag.) (7)
6 Repository (9)
8 Below (7)
9 Listening carefully (3,4)
12 Of the teeth (6)
15 Former Russian emperor (4)
17 Over the top (abbr.) (3)

Solution on Monday

● **The Express Bookshop stocks a wide selection of puzzle books across all crossword puzzle genres. To obtain our up to date list please visit www.expressbookshop.com, call 01872 562310 or write to Express Bookshop, PO Box 200, Falmouth TR11 4WJ. Please enclose an SAE for return.**

For today's solution call: **0907 181 2582**
**Calls cost 80p per minute plus your telephone company's network access charge.*

CROSS DOUBT

Target times: Average: **20 mins** Good: **16 mins** Excellent: **12 mins**

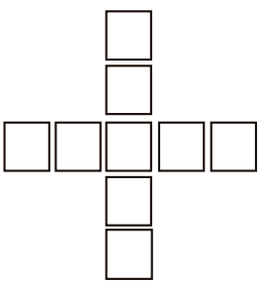
Stuck? Call for a clue **0901 322 5601**
Halve your Target Time!

Today's solution **0901 322 5607**
Both today's words in a moment!

**Calls cost 75p plus your telephone company's network access charge.*

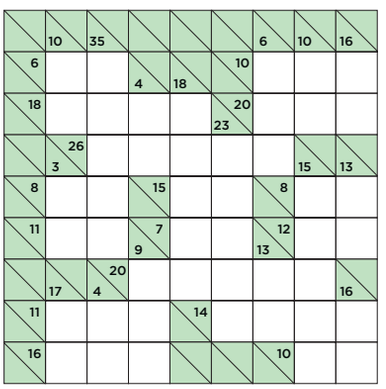
Can you make two common five-letter words from the nine letters given, using each letter only once? You can – but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover – but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. Solution on Monday



B L U E P R I N T

KAKURO



Fill each sequence of blank squares using the numbers 1-9. Each sequence – across and down – must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution on Monday

Puzzles

ARROW-WORD

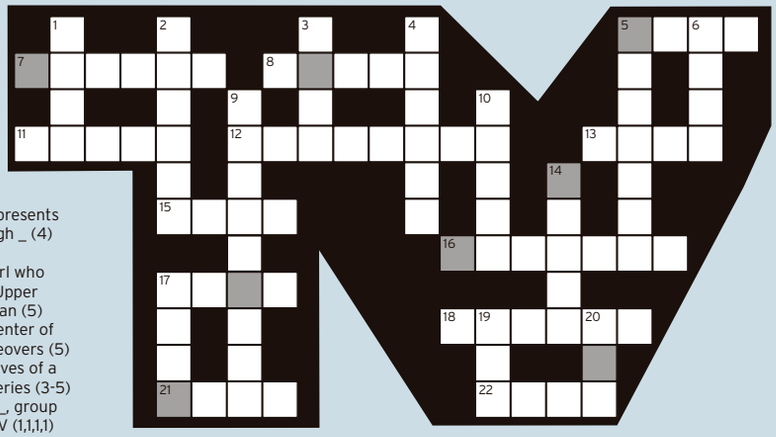
Enter your answers as indicated by the arrows, including items connected with our TV star, then read the letters in the shaded squares to spell the mockumentary in which our star participated as an interviewer (10).

Solution in Monday's puzzle pull-out

Appeal
Arm covering
Hold royal office
Looked after
The _ Show, co-hosted by our star
Reverie, fantasy
Forever, always
Bashful
Tiny insect
Girl's name
Subsides
Cooking fat
Measure of electrical resistance
Knight's title
Take a risk
Alien object (1,1,1)
Japanese soya paste
Christen
At all
Our star's last name
This place
Govern over
Thing
Resound
Extensive
Comedy with our star, _ Dwarf
Flightless bird
Cringe
UK cathedral city
Chest bone
Worry
Anger
Repetitive Strain Injury (1,1,1)
Beer
Heavy rope
Derek _, spooky celeb
Greek letter
Body of water
Employ
Small island
Pair
Garden creature
Cash machine (1,1,1)
_ Howard, director
Writing device
Pretty tune
Attach
Mechanoid
Arrival time (1,1,1)
Our star's first name
Music group
Volcanic dust
Scottish river

TV CROSSWORD

Solve our crossword, then rearrange the letters in the shaded squares to reveal the name of a TV series (3,5)



ACROSS

5 David Olusoga presents A House Through _ (4)
7 See 3 Down
8 Former Bond girl who starred in The Upper Hand, _ Blackman (5)
11 Ms Dwyer, presenter of 60 Minute Makeovers (5)
12 The Life and Loves of a _-_, 1986 miniseries (3-5)
13 Hard to Please _, group of testers on ITV (1,1,1,1)
15 _ McBeal, Calista Flockhart's daydreaming lawyer (4)
16 _ Finch, Emmerdale vicar who was attacked recently (7)
17 Anarchic canine puppet operated by Bob Carolgees, _ the Dog (4)
18 _ Milano, played Charmed sister Phoebe (6)
21 Green _, surreal hospital-based comedy (4)
22 _ George, medic and Love Island participant (4)

DOWN

1 Richard _, star of MotherFatherSon (4)
2 _ Ferguson, one of the 13 Across (6)
3 & 7 Across Dr Ranj Singh's economical diet, Save Money: _ _ (4,6)
4 Don't Forget the _, Toby Jones comedy (6)
5 Top ten list gameshow hosted by Warwick Davies (7)
6 Olly _, one of The Voice: UK's judges (4)
9 Mark _'_, plays Dean to Miles Chapman's Lee (1'8)
10 _ Spencer, baker who won The Apprentice 2016 (5)
14 Celebrity SAS: Who _ Wins, C4 challenge for SU2C (5)
17 Jon _, resurrected Game of Thrones character (4)
19 _ Michele, plays Glee club member Rachel Berry (3)
20 Let's Talk About _, adult chat show with Danny Dyer (3)

Solution in Monday's puzzle pull-out

QUIZ OF THE WEEK

1 What was the first name of Mr Peel, the British prime minister who established the Metropolitan Police?
2 In which decade was Scottish singer Susan Boyle born?
3 In which British television soap opera did Maggie Jones play the role of Blanche Hunt?
4 Midfielder Declan Rice plays for which London-based Premier League football club?
5 What is the first name of John Travolta's character in the 1978 musical film Grease?
6 At the start of a game of snooker, the brown ball sits between the yellow and which other ball?
7 Singer Martin Fry is best known for his association with which 1980s band?
8 Which former batsman who played 161 Test matches for England is nicknamed Chef?
9 What does the H stand for in the title of the US war comedy-drama TV series M*A*S*H?

Solution in Monday's puzzle pull-out

MENTATHLON QUESTION Brasenose is a constituent college of which ancient British university?

TRIVIA WORDSEARCH

1 'Green Hills of Africa' is a 1935 travelogue memoir by which U.S. author? (9)
2 Which country's flag from 1977 to 2011 consisted of a single field of green? (5)
3 'Barwick Green' is the theme tune of which long-running radio soap opera? (3,7)
4 Who is co-leader of the Green Party of England and Wales alongside Jonathan Bartley? (4,5)
5 During the Second World War, TV presenter Hughie Green served with the air force of which Commonwealth country? (6)
6 Which Welsh singer had a hit in 1966 with the country song 'Green, Green Grass of Home'? (3,5)
7 What is the name of the small white target ball used in crown green bowling? (4)
8 Oscar-winning film 'Green Book' is based on a tour of America's Deep South undertaken in 1962 by which pianist? (3,7)
9 In the folk song 'Green Grow the Rushes, O', what 'Two' are 'Clothed all in green, O'? (4-5,4)
10 Which Italian opera composer's name literally means Joe Green in English? (8,5)

Fall in green. Solve the clues and find the answers in the grid. **Solution in Monday's puzzle pull-out**

H	A	N	R	Y	J	A	M	E	S	T	S	L
I	D	R	E	V	E	P	P	E	S	U	I	G
M	A	O	L	T	A	N	O	H	S	L	A	E
T	N	R	N	R	E	H	D	I	Y	N	N	U
H	A	O	E	S	L	E	Y	W	S	M	B	T
E	C	D	L	T	H	M	H	L	T	A	E	S
A	K	N	E	F	S	I	R	R	I	O	R	R
R	I	C	O	V	T	N	R	I	E	B	R	I
C	R	N	A	E	A	G	F	L	C	T	Y	L
H	D	N	B	J	B	W	D	I	E	S	I	A
E	A	O	O	D	I	A	U	N	C	Y	R	I
R	Y	R	E	Z	C	Y	N	A	F	H	S	A
S	T	S	D	S	E	N	O	J	M	O	T	A

DITLOIDS

If we asked you what "7 D of the W" stood for, you would soon guess we meant 7 Days of the Week, but what are the rather more tricky ones below? Today's theme is classic UK sitcoms. Solution in Monday's puzzle pull-out and the last one forms part of the Mentathlon solution.

1 C C L in T G L
2 C S of T O
3 L E of D A
5-Y T for N S F in P
12 E of F T

MUDDLESOME

We've scrambled up the names of three Have I Got News For You hosts. Can you work out what they are?

Solution in Monday's puzzle pull-out

1) RISKY GUN TOY
2) THE CHORAL CRUTCH
3) NO HARSH GROAN

CLOCK-WISE

There are six answers to be entered clockwise on the clock face. Each has four letters and each begins with the last two letters of the previous one, until we come full circle with answer six ending with the first two letters of answer one. Here are the clues:

1 Type of cabbage, 2 Expression of pain, 3 Gossip, 4 Tiny particle, 5 Leave out 6 Skin irritation

1 → 2 ↓ 3 ↙ 4 ← 5 ↑ 6 ↗

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WORDS

In the following passage, the numbers 12345 represent different letters: 153 and 4235 welcome you to the 1234-1534 233, where our 5345234 pursuit of excellence means it is all 45234 53 as far as fine 123234 goes. 23 the 231245 Lounge, 53253 bhajis jostle with 4551 old British fare, while the 3553 4534 always presages a 354423 of 423 53 the house. So come and 124 23! And bring your 154!! **Solution in Monday's puzzle pull-out**

SUMTHING

Fit the missing numbers into the grid below so that all the sums are correct – reading left to right or on single lines top to bottom. There are 11 squares to fill, with one digit in each, and the 11 digits you must use are listed beneath the grid. But where do they all go?

Solution in Monday's puzzle section

?	x	?	=	?	?
-		x		+	
?	x	?	=	?	?
=		=		=	
4	x	?	=	?	?

We've given you one digit – the 1 on the bottom row. Here are the missing digits to fit in:

1, 2, 3, 3, 3, 5, 5, 6, 7, 9, 9

The Daily Express Puzzled Mentathlon is in five parts, each consisting of a single part of one of our puzzles. Take the last letters of the answers to **DITLOIDS, WORDS, MUDDLESOME, QUIZ OF THE WEEK** and the last letter of the first answer in **CLOCK-WISE** – that's all five sections. Now rearrange those into a five letter word for a word meaning reliable.

THE ULTRA ALPHAPUZZLE®

19		12		14	20	2	26	9	14	18		
21	13	1	9	22		14		14		4	14	6
7		10		21		8		15		16		8
20	9	14	2		18	26	12	1	9	14	21	1
26		18		14		16				21		18
4	24	24	26	16	1		14	12	25	1	16	21
	9			10				9			4	
16	4	22	22	1	9		5	14	18	14	17	11
10		4				20		5		12		4
1	3	7	14	21	26	4	8		16	4	26	8
19		8		14		5		14		7		20
19	26	16		6		2		18	7	8	5	1
		1	18	1	23	14	21	1		20		9

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
			X						V			

A B C D E F G H I J K L M N O P Q R S T U ~~V~~ W ~~X~~ Y Z

WELCOME to the ULTRA Alphapuzzle™ – the 'extra-tough' version of Britain's favourite wordpower challenge. Each grid number represents a different letter. All 26 letters are used.

TARGET TIME: 30 minutes. **Solution next Friday.**

Last Friday's solution

Across: Waist, Watch, Outrider, Hoax, Gloves, Fresco, Leisure, Cheque, Debunk, Fete, Thespian, Genre, Myrrh. **Down:** Bodge, Achieve, Action, Liqueur, Seize, Stiletto, Profound, Essay, Athlete, Junior, Chancel, Skunk.

For up to six Extra Clue Letters, call: **0907 181 2578** (Deduct three minutes from Target Time for each extra letter heard)

Alternatively, for 6 extra clues to your mobile, text: **DXALPHAX to 84901**

Texts cost £1 plus your usual network rate.

Full solution: **0907 181 2579**

Across only: **0907 181 2576**

Down only: **0907 181 2577**

*Calls cost 80p per minute plus your phone company's network access charge. *SP: Spoke. **Helpline 0333 202 3390**

Alphapuzzle® © 2019 Acorn Editorial Ltd

YESTERDAY'S SOLUTIONS

SAMURAI SUDOKU

3	1	6	7	5	9	4	8	2				6	5	2	3	8	4	1	7	9
8	5	4	6	1	2	3	7	9				4	3	8	9	1	7	6	2	5
2	9	7	8	4	3	1	5	6				9	1	7	6	5	2	3	8	4
4	7	8	3	2	6	9	1	5				5	2	9	7	3	6	4	1	8
9	3	1	5	8	4	2	6	7				1	7	4	5	9	8	2	6	3
5	6	2	9	7	1	8	4	3				3	8	6	2	4	1	9	5	7
1	4	5	2	3	7	6	9	8	2	1	3	7	4	5	1	6	9	8	3	2
6	8	3	4	9	5	7	2	1	4	9	5	8	6	3	4	2	5	7	9	1
7	2	9	1	6	8	5	3	4	8	7	6	2	9	1	8	7	3	5	4	6
						1	4	6	5	8	2	9	3	7						
						8	5	2	7	3	9	4	1	6						
						9	7	3	6	4	1	5	8	2						
8	4	5	3	1	7	2	6	9	1	5	8	3	7	4	6	5	9	8	2	1
1	7	3	2	9	6	4	8	5	3	6	7	1	2	9	3	8	4	5	6	7
9	2	6	5	8	4	3	1	7	9	2	4	6	5	8	1	2	7	9	3	4
3	9	2	6	5	8	7	4	1				2	9	5	8	7	3	4	1	6
6	8	1	4	7	3	9	5	2				7	4	1	2	6	5	3	8	9
4	5	7	1	2	9	8	3	6				8	3	6	4	9	1	7	5	2
7	3	8	9	6	1	5	2	4				9	6	3	5	4	2	1	7	8
5	1	4	7	3	2	6	9	8				5	8	7	9	1	6	2	4	3
2	6	9	8	4	5	1	7	3				4	1	2	7	3	8	6	9	5

SMALL CROSSWORD

ACROSS: 1 Benchmark, **7** Cooper, **9** Regatta, **10** Beef, **12** Bus, **13** Forever, **14** Row, **15** Eton, **17** Indiana, **19** Cudgel, **20** Immediate. **DOWN: 1** Barbaric, **2** Epée, **3** Neg, **4** Hot-headed, **5** Motive, **6** Recur, **8** Resonate, **11** Fringe, **13** Forum, **16** On at, **18** AKA.

WORDSEARCH

G	F	S	Z	U	M	A	U	V	E	Z	M	O	E	N
H	D	B	U	R	N	T	S	I	E	N	N	A	O	D
A	C	I	K	S	Z	C	C	G	J	H	D	M	O	H
L	U	N	E	A	S	I	E	Q	U	J	M	O	X	F
Q	I	B	D	N	F	S	R	F	F	I	W	T	T	I
P	L	C	U	G	O	P	I	Q	S	E	W	E	A	R
V	H	W	S	R	J	V	S	R	S	K	L	R	S	E
E	M	Q	I	I	N	U	E	O	L	R	Y	R	W	B
R	H	N	K	A	K	P	R	A	A	D	E	A	F	R
M	C	R	I	M	S	O	N	C	N	L	X	C	U	I
I	E	C	O	Q	G	I	S	U	Y	X	Z	O	C	C
L	F	R	R	R	D	N	G	X	P	J	O	T	H	K
I	R	F	U	R	S	R	T	E	E	Q	I	T	S	T
O	M	E	A	S	U	Q	N	O	K	J	N	A	I	H
N	K	C	D	B	T	C	R	U	B	Y	R	N	A	H

THE ALPHABEATER

Black squares: 3, 5, 7, 10, 11, 16, 18, 21, 23, 25, 31, 32, 34, 37.
Across: Water, Music, Zebra, Perplexed, Gel, Jewel, Tyro, Gist, Gaffe, Nub, Liquorice, Shoal, Baize, Foggy.
Down: Whereby, Cigar, Jot, Elapse, Moved, Correlative, Imply, Fresco, Age, Mined, Squeaky.

ARROW-WORD

		H		I		M			N		I				
A	B	E	T	S		A	S	S	I	G	N				
	R	E	E	L	E	C	T		A	L	E				
M	E	D	E	A		H	A	N	G	A	R				
	M	E	N		P	I	T		A	R	T				
	E	D	A	M		N	I	T	R	E					
	N		G	A	T	E	C	R	A	S	H		D		R
T		S	E	R	E			I			O	P	E	R	A
A		P	R	I	N	C	I	P	L	E	S		M	E	T
P	R	O		N	O	O	N		E	N	T	H	U	S	E
	U	N	D	E	R	S	T	A	N	D	S		R	I	D
A	E	G	I	S			E	S	A	U		P		S	
	S	E	E		M	A	R	K		R	E	A	C	T	S
				R	A	M		S		E	A	G	L	E	T
					T	A	U				S	E	E	D	Y
						S	P	H	E	R	E		A		
				M	I	S	S	I	V	E		A	V	O	N
					L	E	E	R	E	D		C	E	D	E
				U	L	S	T	E	R		B	E	R	E	T

THE ALPHAPUZZLE

Across: Warpath, Nasal, Yokel, Phantom, Inducted, Jaws, Equity, Basket (clue), Flit, Uppercut, Oxidate, Novel, Treat, Liturgy. **Down:** Wayside, Frost, Raked, Utilise, Allocate, Mast, Hyphen, Appeal, Near, Hazelnut, Setback, Cover, Limbs, Totally.

SUDOKU EASY

4	2	7	8	1	6	5	9	3
9	3	8	5	4	2	7	1	6
1	5	6	9	3	7	2	8	4
2	1	9	4	6	3	8	7	5
8	4	3	1	7	5	6	2	9
6	7	5	2	9	8	4	3	1
5	8	1	3	2	4	9	6	7
7	9	4	6	8	1	3	5	2
3	6	2	7	5	9	1	4	8

SUDOKU MEDIUM

2	7	1	4	8	6	9	5	3
9	4	8	1	5	3	2	6	7
5	6	3	2	7	9	1	8	4
4	1	9	3	2	5	8	7	6
6	5	7	9	1	8	3	4	2
8	3	2	7	6	4	5	9	1
7	9	5	6	3	1	4	2	8
3	8	6	5	4	2	7	1	9
1	2	4	8	9	7	6	3	5

SUDOKU DIFFICULT

7	4	8	1	5	6	2	3	9
6	1	2	4	9	3	7	5	8
5	9	3	2	8	7	6	1	4
9	2	7	5	4	8	1	6	3
8	3	1	7	6	2	9	4	5
4	6	5	3	1	9	8	2	7
1	8	6	9	3	4	5	7	2
2	5	4	8	7	1	3	9	6
3	7	9	6	2	5	4	8	1

BATTLESHIPS

KAKURO

	9	8		3	2		3	1
	8	3		9	3		6	2
	7	1		8	1		9	3
		2	9	6	5	7	8	
			8	7	4	9		
		2	1	4		2	1	6
	1	4		2	7		4	9
	2	9		1	9		2	8

KEIJO

1	2	4	3
3	1	2	4
4	3	1	2
2	4	3	1

QUICK CROSSWORD

Across: 3 Appertain; **8** Sort; **9** Connected; **10** Author; **11** Rivet; **14** Large; **15** Tome; **16** Realm; **18** Near; **20** Obese; **21** Lofty; **24** Demand; **25** Disappear; **26** Plan; **27** Attendant.
Down: 1 Assailant; **2** Fraternal; **4** Poor; **5** Ennui; **6** Ticket; **7** Item; **9** Cover; **11** Ready; **12** Tolerable; **13** Defendant; **17** Mover; **19** Rotate; **22** Tepid; **23** Lift; **24** Dawn.

QUIZWORD

Across: 1 Epidermis; **8** Hal; **9** Clochemerle; **11** St. Denis; **12** Elvis; **13** Asante; **15** Italic; **17** Gates; **18** Tufnell; **20** Franc Roddam; **22** Leu; **23** Dromedary.
Down: 2 PiL; **3** Ethan; **4** Mimosa; **5** Serpent; **6** The Evil Dead; **7** Classical; **10** Old Faithful; **11** Shangri-La; **14** Tussaud; **16** Stucco; **19** Frome; **21** Ayr.

TARGET

ante anti attain attune aunt auntie fain faint fatten faun fauna feint fine **INFATUATE** naif neat taenia taint taunt tauten tent tine tinea tint titan tuna tune unfit unit unite untie

CROSSDOUBT

Across: INDEX
DOWN: WORLD

SUMMIT UP

117 and 76

WORD BUILDER

Rot, Tore, Metro, Mother, Therm, Them, Met.

Puzzles

CRUSADER PRIZE CROSSWORD

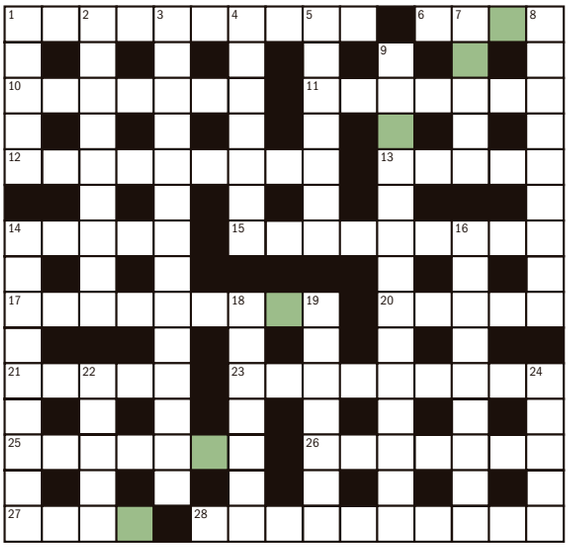
WIN £100 CASH

ACROSS

1 Fastener attracting irrational number (7,3)
6 Attorney volunteers information (4)
10 Rent is similar to below (7)
11 Order lager on the way, as big as it gets (7)
12 Criticise old firm ritual surrounding area (9)
13 Monkey leaves seafood unfinished (5)
14 I call out for shade (5)
15 Sees Latin translation as vital (9)
17 Fairies manage to get optical device (9)
20 Lift is stolen outside (5)
21 Insanely eager to concur (5)
23 County design for drape used as cover (9)
25 After party dispersed, covet birdhouse (7)
26 Determined to put a barrier in front of worker (7)
27 Fashion has no time to split (4)
28 Later on, art morphed into a bit of an engine (10)

DOWN

1 Buccaneer and doctor accept missing leader (5)
2 Uncurl a review after a victory by a relative (9)
3 Vague talk of paraphrased quotation (8,6)
4 Tongue, by the end, becomes relevant (7)
5 Complaint I will put to head (7)
7 Moving near a venue (5)
8 Car scheme has one for George (9)
9 Minister inside bashed a plain ship corn (6,8)
14 European articles about proposal for another European (9)
16 Travelling can retain formation outside (9)
18 Spoken about section of ring road (7)
19 Space Madge used in final stage (7)
22 Bird is yellow, except front (5)
24 Put off animal - about time! (5)



NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

FOR YOUR CHANCE TO WIN

Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **84915.** Calls cost £1.50 plus your telephone company's network access charge. Texts cost £1.50 plus your standard network rate. Lines close at midnight tonight. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, April 19, PO Box 12578, Sutton Coldfield B73 9BT. Entries must be postmarked by April 20 at the latest. SP: Spoke - 0333 202 3390. For any postal enquiries, call helpline number.

● *The winner will be the first random correct entry drawn from all entry routes after the closing date of April 26. The Editor's decision is final.*

NAME

ADDRESS

POSTCODE

WEDNESDAY'S SOLUTION

ACROSS: 1 Demonic, 5 Femoral, 9 Bank vault, 10 Logic, 11 Off-grid, 12 Droplet, 13 Safety curtain, 18 Around the bend, 20 Kenyans, 23 Medical, 25 Audit, 26 Ghostlier, 27 Haricot, 28 Arsenal. **DOWN:** 1 Debtor, 2 Manifesto, 3 Never, 4 Coup d'Ètat, 5 Fetid, 6 Melbourne, 7 Regal, 8 Locating, 14 Fantastic, 15 Cream soda, 16 Addiction, 17 Backlash, 19 Plural, 21 Nadir, 22 Sight, 24 Dates. **Prizeword:** Eatery

TARGET

E	D	I
H	G	L
A	T	H

● *The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)*

HOW many words of four letters or more can you make from the letters shown here?
In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals or verb forms ending in "s".

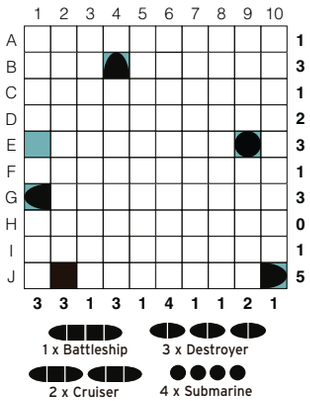
TODAY'S TARGET
Good 17; **very good** 25; **excellent** 33 (or more). **Solution tomorrow.**

Call **0907 181 2585** for today's Target solution
**Calls cost 80p per minute plus your telephone company's network access charge.*

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

Solution on Monday



THE ALPHABEATER

TARGET TIME: 30 minutes

CAN you crack the Alphabeater? Each grid number represents a letter – or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' – in other words, it looks the same if you turn the page upside down.
Solution on Monday.

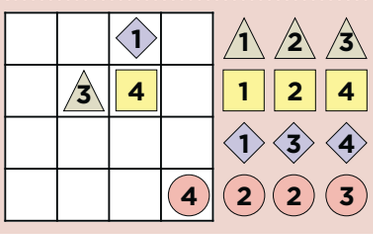
Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)
Full solution
0907 181 2558
**Calls cost 80p per minute plus your telephone company's network access charge.*

A	11	19	39	4	13	22	14	39	13	38	36	7	27
B	7	21	38	3	30	40	6	4	31	14	35	6	7
C	30	13	4	9	38	5	8	38	34	22	14	9	10
D	4	35	4	19	15	31	27	2	32	39	18	40	9
E	14	39	38	16	26	22	13	37	29	14	22	9	39
F	26	6	5	37	27	17	19	2	11	33	3	8	33
G	21	17	13	14	29	13	35	9	10	13	30	22	18
H	7	24	27	1	32	1	27	20	18	32	4	11	7
I	39	9	28	14	4	3	34	13	25	36	13	7	22
J	4	21	6	12	11	16	3	24	36	40	20	19	14
K	14	10	28	9	10	14	35	39	38	28	13	10	22
L	30	32	8	10	24	12	37	8	22	31	39	18	13
M	3	23	36	28	28	13	4	10	14	36	22	40	31

1 M	2	3	4	5	6	7	8	9	10	11 ■	12	13	14	15	16	17	18 ■	19	20
21	22	23	24	25	26	27	28 G	29	30 P	31	32	33	34	35	36	37	38	39	40

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **84901.** Texts cost £1 plus your usual operator rate

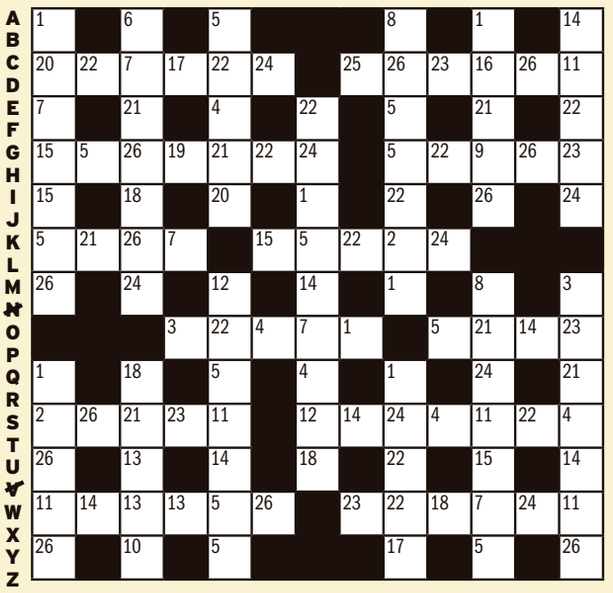
KEIJO



Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column.
Solution on Monday

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. **Solution on Monday.**
DIFFICULTY: 7/10; **TARGET:** 23 mins; **CLUE:** Empty landau that is in place.



1	2	3	4	5	6	7	8	9 V	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24 N	25	26

EXTRA LETTER CLUES: 0907 181 2568 (Hear up to six Extra Letters, deduct two minutes for each clue letter heard) *Alternatively, for six extra letter clues direct to your mobile, text* **DXALPHA** *to* **84901.** *Texts cost £1 plus normal network operator rate.* FULL SOLUTION: **0907 181 2565;**
ACROSS ONLY: 0907 181 2561; DOWN ONLY: 0907 181 2562.
**Calls cost 80p per minute plus your telephone company's network access charge.*

● ***The Express Bookshop stocks a wide selection of puzzle books across all crossword puzzle genres. See our up to date list please visit www.expressbookshop.com, call 01872 562310 or write to Express Bookshop, PO Box 200, Falmouth TR11 4WJ. Please enclose an SAE for return.***

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THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 8; INTERMEDIATE = 195; ADVANCED = 22.

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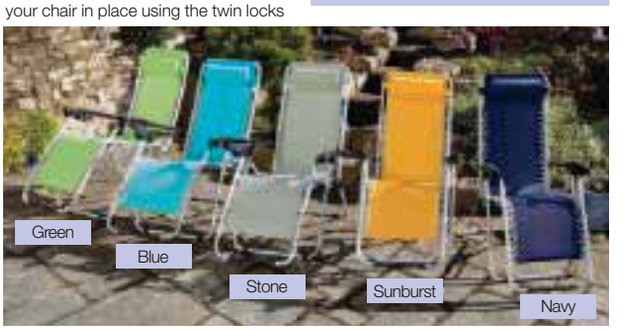
G0880 Stone
G0881 Blue
G0882 Green
G0883 Navy
G0884 Sunburst



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DXIST

Weekend Films

Edited by Charlotte Heathcote
www.express.co.uk/films

By Andy Lea

Ticking timebomb in a

RED JOAN ★★★
(Cert 12A, 101mins)

NO ONE suspects us because we're women," says a sultry Soviet spy in Trevor Nunn's Second World War espionage drama. Six decades later, Judi Dench's Joan Stanley is still clinging to those words.

Until the death of a KGB agent, nobody thought a charming old lady could have been responsible for handing Stalin the atomic bomb.

Nunn's time-jumping adaptation of Jennie Rooney's bestselling novel is loosely based on the story of Melita Norwood, dubbed the "granny spy" when she hit the headlines in 1999. As Joan is hauled into a police station, charged with breaching the Official Secrets Act and quizzed over her days in Cambridge, the brilliant Dench keeps us guessing.

"Things were different then," she says with a condescending smile as she recalls the idealistic student politics of the 1930s. That warm grin starts to shift as she remembers meeting her Marxist lover Leo (Tom Hughes). It's not quite a smirk but it's just enough to break the spell.

Have we been seduced by the octogenarian's feminine wiles?

Sadly, Dench is edged out of the film as extended flashbacks take over. Nuance is in short supply as the film turns into a polished but very conventional period drama.

We rewind to 1938 when Joan (now played by Sophie Cookson) was a wholesome physics student befriended by German aristocrat Sonya (Tereza Srbova).

Joan helps her sneak into college after a boozy night out and in return Sonya brings her out of her shell by inviting her to soirees organised by the university's Communist Party. At a screening of Sergei Eisenstein's Battleship Potemkin, Joan meets Sonya's dashing cousin Leo (Tom Hughes) and is smitten. Leo heads to Canada to escape the war but keeps popping up after Joan lands a job on a top-secret research project led by avuncular professor Max Davis (Stephen Campbell Moore).

Davis, a decent old stick who is developing the world's first weapon of mass destruction, falls for her big heart and her razor-sharp mind and a love triangle develops.

This is all news to Joan's incredulous barrister son Nick (Ben Miles) who has joined her in the police station interview room. "I thought you were overqualified to be a librarian," he says. The mystery deepens as we learn young Joan is guided by a British sense of fair play rather than a thirst for revolution. That's enough to keep the drama ticking over but stodgy writing keeps it from detonating.

SPYING GAME: Tom Hughes is Leo and Sophie Cookson the younger version of Judi Dench's titular character in Red Joan

DRAGGED ACROSS CONCRETE ★★★
(Cert 18, 159mins)

MEL Gibson is making a comeback after an anti-Semitic outburst

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Theatre

A GERMAN LIFE ★★★★
Bridge Theatre, until May 11.
Tickets: 0333 320 0051

"AGE cannot wither her nor custom stale her infinite variety." Shakespeare's description of Cleopatra might easily apply to Maggie Smith, right.

From a teenage Desdemona to Professor McGonagall in Harry Potter and the Dowager Duchess in Downton Abbey, variety has been the spice of her career.

Now the Great Dame of British theatre returns after a seven-year absence from the stage in this one-woman piece based on the testimony of Brunhilde Pomsel, who died in 2017 aged 106.

She lived through two world wars and became secretary to Joseph Goebbels, Hitler's propaganda minister. Sitting in the kitchen of an old people's home, Pomsel reflects on a life made extraordinary by the context in which it was lived.

Largely unaware of the horrors of the Holocaust, she admits she suspected something was wrong when her Jewish friends disappeared. But this is no breast-beating apologia, no self-justifying lament.

Playwright Christopher Hampton brings dramatic ebb and flow to the monologue and is impeccably

STAR RATINGS ★ Don't bother ★★ Poor ★★★ Worth a look ★★★★ Good ★★★★★ Excellent

Cold War spy's secrets

nearly ended his Hollywood career. Casting him as a modern-day Dirty Harry is just one of this sprawling cop drama's provocations.

Detective Brett Ridgeman (Gibson) is approaching his 60th birthday. His old partner (Don Johnson) has a fancy desk job but Brett's outdated politics mean he's still working the beat and living in rundown part of town with MS-afflicted wife Melanie (Laurie Holden) and daughter Sara (Jordyn Ashley Olson).

When Sara is bullied by a local gang of black youths, his wife announces she is a racist and Brett decides it's time to move to a nicer, presumably whiter, neighbourhood.

But he and his new partner Tony Lurasetti (Vince Vaughn) have just been suspended after being caught on camera violently interrogating a Hispanic drug dealer. He needs money fast so when he is tipped off about a heist, he persuades Tony to help him rob the robbers.

Meanwhile, African-American career criminal Henry (Tory Kittles) has left prison to find his mum working as a prostitute and his disabled little brother neglected.

When he signs up for an armed robbery, we know the paths of the two men will collide. But as the build-up drags on, we realise it will take a while. The heist is tense, unpredictable and takes a gruesome turn when the gang kidnap a new mum (Jennifer Carpenter).

There's also some shockingly racist dialogue, simpering female characters and enough stomach-churning violence to close the popcorn counter.

However the point of it all remains frustratingly elusive. Are these the views of writer-director S. Craig Zahler or his characters? The glacial pace gives us plenty of time to mull this over.

Is it worth the wait? Like many things about this nasty thriller, this question will prove divisive.

DIRTY COPS: Mel Gibson teams up with Vince Vaughn in a gritty drama

GRETA ★★

(Cert 15, 99mins)

AN enjoyably nutty turn from Isabelle Huppert comes up against preposterous plotting in Neil Jordan's stalker thriller.

Huppert is Greta Hideg, a lonely piano teacher who wheedles her way into the big heart of Frances (Chloë Grace Moretz), a young waitress who has recently moved to New York.

When Frances ditches Greta after making a sinister discovery, the older woman starts following her around. She seems to know where Frances will be before she does and can seemingly disappear into thin air. Huppert camps it up magnificently but the film never manages to settle on a tone.

It's not quite funny enough to be comedy yet it's way too ridiculous to be taken seriously.

STEEL COUNTRY ★★

(Cert 15, 88mins)

SHERLOCK and Fleabag star Andrew Scott seems to have a knack for picking great TV scripts. But the Irish actor's magic touch seems to have deserted him with this ludicrous murder-mystery. Here he plays Donnie, an autistic binman who turns detective when the body of a missing boy turns up in a river in his sleepy Ohio town. Scott, left, puts in an engagingly jittery turn but the script is littered with clichés and plot holes. Donnie is an unconventional sleuth wading through recycled rubbish.

served by Smith who manages to be amusing and amused, quizzical, sad, lightly regretful and above all, real. A contemplative tour-de-force.

NIGEL SLATER'S TOAST ★★★★

The Other Palace, until August 3.
Tickets: 020 7087 7900

BASED on the memoir of celebrated newspaper and TV chef Nigel Slater, this is what you might call a kitchen sink drama. Giles Cooper plays the young Slater who is first seen aged nine making jam tarts with his mum (Lizzie Muncey). As the play progresses, it is clear cooking will become more than a hobby, it will be a coping mechanism for Slater when life goes wrong.

It is a way of expiating his guilt when his mum dies on Christmas Day following a terrible argument over mincemeat; it helps him deal with replacement Auntie Joan (Marie Lawrence) who is one half competitive cook and one half wicked stepmother. And it gives him an outlet for his creativity and an avenue of escape.

Superbly directed and choreographed by Jonnie Riordan, this is an effervescent staging of a sharply-written memoir that includes outstanding dance/mime interludes such as the battle of the plates to the song Psycho Killer and the dance of the cake trolleys.

Little lemon meringue pies and Walnut Whips are dispensed to the audience along with assorted sweeties. Now that's the kind of "immersive" theatre I like.

GLORIOUS FOOD: Giles Cooper and Lizzie Muncey cook up a storm as Slater and mum in Nigel Slater's Toast

THREE SISTERS ★★★★

Almeida Theatre, until June 1.
Tickets: 020 7359 4404

ANTON Chekhov's 1901 play gets a superficially modern makeover by Cordelia Lynn. Having given us a revelatory revival of Tennessee Williams' Summer And Smoke last year, director Rebecca Frecknall has more of a challenge here given the greater familiarity of the material. Born in Moscow and transplanted to a dull provincial town, three sisters live with their musically gifted brother and an ageing doctor and dream of returning to the big city. There are romantic complications with the soldiers billeted in the town and a tragic outcome for the youngest, Irina, who is courted by two men.

It is beautifully performed, especially by Pearl Chanda as the languidly cynical Masha, Ria Zmitrowicz as whirling, girlish Irina, Patsy Ferran as Olga the sensible school teacher and Alan Williams as wonderfully cranky Dr Ivan.

It is a relatively low-key production and lacks the electrical charge of Summer And Smoke. There is much to admire here, though, and the director allows her actors breathing space. The accumulating sense of failure and the erosion of youthful dreams is effectively conveyed and the use of Nico's Somewhere There's A Feather reveals Frecknall's immaculate taste in music.

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DXIST

MUSIC MY SIX BEST ALBUMS LEWIS CAPALDI

LEWIS Capaldi, 22, is a Scottish singer-songwriter who topped the charts with Someone You Loved. His debut album Divinely Uninspired To A Hellish Extent is released on May 17 on Virgin EMI.

THE MACCABEES: Given To The World *(Fiction)*
It manages to sound stadium size and intimate at the same time. There's a lot going on, with mass vocals, harmonies, delicate guitar and keyboards and weirdly disjointed moments.

FRANK OCEAN: Blonde *(Boys Don't Cry)*
An incredible album that struck a chord. It was different from his first, more experimental. He took R&B to a new place.

PAOLO NUTINI: Caustic Love *(Atlantic)*
I love this so much. There's a smooth feel to it and a big R&B influence. It's one of those albums I wish I'd written.

THE BEACH BOYS: Pet Sounds *(Capitol)*
A masterpiece. I got into this after watching Love & Mercy, a film about Brian Wilson. The harmonies are amazing and production wise it is so daring. It was years ahead of its time.

KINGS OF LEON: Only By The Night *(RCA)*
This album made me fall in love with them and want to go and see them live. All the songs are incredible.

KENDRICK LAMAR: Damn *(Aftermath)*
There is so much energy. He is a master rapper, a supreme lyricist and the songs have such vitality.

GARRY BUSHELL

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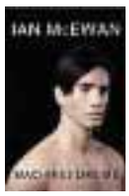
Weekend

Ghost in the

MACHINES LIKE ME ★★★★
by Ian McEwan
Jonathan Cape, £18.99

READERS who enjoy a little philosophy with their fiction are going to love this book. In Machines Like Me, our foremost novelist explores what it means to be human.

Charlie is 32 and a waster, living in two rooms in Clapham, south London, and keeping body and soul together by dealing in shares and currencies on the internet. He is in love with Miranda, the enigmatic girl next door, or rather, the girl upstairs.



Charlie has spent his mother's inheritance on Adam, a robot. It could have bought him, we're told, a place in Notting Hill or Chelsea (it's 1982) but he chose to spend the £86,000 on Adam.

This is where the reader has to concentrate, for McEwan has rewritten history so that Artificial Intelligence (AI) is already possible. Adam can think for himself, not only logically but intuitively. And after Charlie fires him up with a bolt of electricity, Adam tells him that Miranda, who is now his lover, might well be "a systematic, malicious liar".

Charlie, furious, pulls the plug on his creepy new housemate but later relents. By the time he switches Adam on again, he and Miranda have each programmed in a series of personality traits.

Charlie is still disturbed by the robot's unkind judgment of the woman he loves and asks for an explanation. Where's the proof? Adam's answer, halting and reluctant, involves a court hearing, a bottle of vodka and a sexual encounter. Then the bashful android becomes tongue-tied, leaving the mystery hanging.

Miranda is hiding a dark secret. A prisoner is threatening to kill her. Why?

The premature advances in AI are not the only liberty McEwan takes with history. Margaret Thatcher's Task Force sets sail for the Falkland Islands and is roundly defeated due to Argentina's French-made Exocet missiles. The nation mourns our 3,000 dead. The Argentine flag flies in the capital of what is now Las Malvinas. Charlie and Miranda

IN ANNE CATER'S PICK OF NEW PAGE-TURNERS

THE STRAWBERRY THIEF ★★★★★
by Joanne Harris
Orion, £20

JOANNE Harris returns to the sleepy French village of Lansquenet-sous-Tannes in The Strawberry Thief, the fourth novel in her series that began with Chocolat 20 years ago.

Vianne Rocher and her youngest daughter Rosette are now settled in the place that once rejected her, while her much-missed older daughter Anouk has stayed with her boyfriend in Paris.

Mother and daughter have finally been accepted in Lansquenet, even though Rosette is a mysterious child who doesn't go to school and rarely speaks. Vianne's chocolate shop is now a regular haunt for the gossipy locals and she has even made her peace with Francis Reynaud, the neighbourhood priest.

Rosette was a special favourite of old Narcisse, the local florist, who christened her The Strawberry Thief when she was discovered eating the fruit in his orchard. But it surprises everyone when he leaves her the small area of woodland in his will.

Narcisse's death also reveals a long-hidden confessional story, leads to the arrival of his daughter and brings a new tenant for the florist's. The Strawberry Thief is a powerfully told story of families, secrets and magic with many strands deftly woven together.

Harris creates vivid characters who you will really care about in this magical read.

SWEET: Juliette Binoche in Chocolat

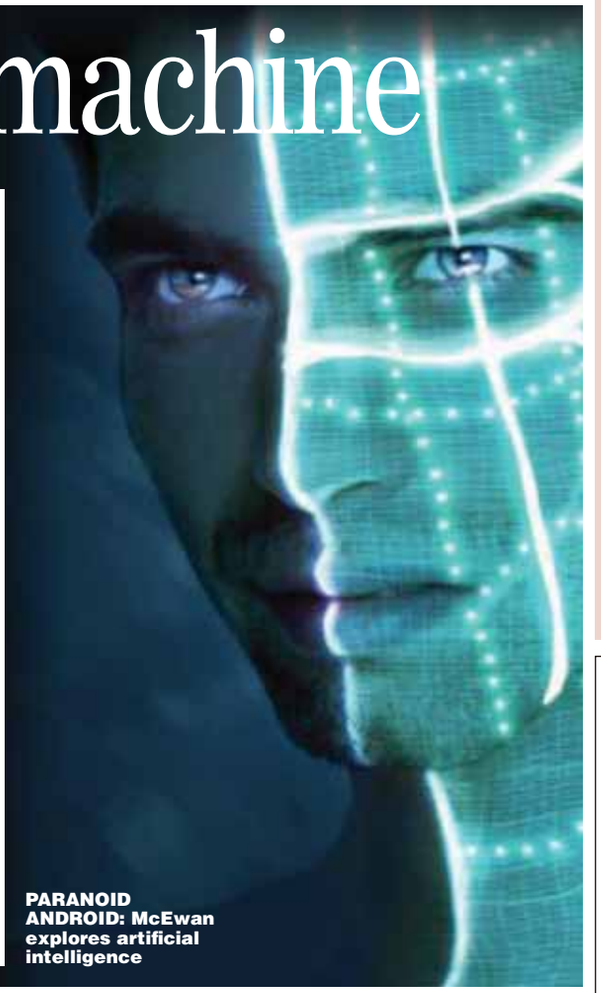
THE GARDEN OF LOST AND FOUND ★★★★
by Harriet Evans
Headline, £16.99

ONE hundred years ago, The Garden Of Lost And Found was one of the most famous paintings in the world. Seen by thousands of people when it was taken on tour, it was the painting that thrust Sir Edward "Ned" Horner

Books

Edited by Charlotte Heathcote
www.express.co.uk/books

man machine



PARANOID ANDROID: McEwan explores artificial intelligence

argue about it. Thatcher should have looked for a negotiated solution, says Charlie. With fascist generals? scolds Miranda.

In bad temper, she temporarily banishes Charlie from her bed and he eavesdrops downstairs as Adam takes his place. Adam, it turns out, is a cad. Or is he? Can a robot betray his owner by sleeping with his girlfriend? And is Miranda any more unfaithful than if she had taken a sex toy to bed?

McEwan, his fierce intelligence crackling like a Jumping Jack on Bonfire Night, muses on love, empathy and the morality and ethics of Artificial Intelligence.

Even as the miners' strike is dividing the country, in his time-warped world, philosophers, judges, politicians, even game theorists are reaching intellectual conclusions about an ideal robot: humans without the flaws.

And without the humanity, too?

McEwan writes simple, unadorned prose but this is not literature lite. Arguably the finest English writer of his generation, the ideas he explores are important, now more than ever. This isn't his best book. But it's very good.

RICHARD DISMORE

SECRETS ARE EXPOSED AND TROUBLED SOULS FIND HAPPINESS

into the spotlight and made his fortune. But it was also the painting that ruined him.

Ned's painting showed everything that was closest to his heart: his beautiful wife Liddy and their two children in the grounds of Nightingale House, the home that they had created for their family.

However Ned and Liddy's lives were blighted by tragedy. Liddy was tormented by an unhappy childhood. Then both of their children died.

Heartbroken Ned's career spiralled into oblivion.

Then he spent the last of their money on buying back The Garden Of Lost And Found, much to Liddy's despair. He set fire to the painting in front of a horrified Liddy and just days later he died.

We then move forward almost one hundred years when Ned and Liddy's great-grandaughter Juliet has inherited Nightingale House. She is reeling from a broken marriage and has lost her job as an art historian so she takes her two children there to live.

The legend of The Garden Of Lost And Found has always fascinated Juliet. Now that she is living in her ancestors' home, she decides to investigate the family history. She discovers long-hidden secrets, betrayals and lies and comes to realise that she has more in common with her ancestors that she could ever have imagined.

This sweeping family saga is a perfect read for fans of historical and contemporary fiction with multiple layers that are complex but hugely engaging.

Filled with fascinating characters who slowly reveal their secrets, it is a thoroughly addictive read.

● To order any of the books featured, post free (UK only), please phone The Express Bookshop on **01872 562 310.** You may also send a cheque made payable to **The Express or postal order to: The Express Bookshop, PO BOX 200, Falmouth, Cornwall, TR11 4WJ** or you can order online at www.expressbookshop.com

THE FLAT SHARE

★★★★

by Beth O'Leary

Quercus, £12.99

WHEN Tiffy Moore finally leaves her abusive boyfriend, she needs to find a cheap place to live – and fast. Leon Twomey, who's desperately trying to help his wrongfully imprisoned brother, needs a flatmate so he can raise money. They're an ideal pairing. But there's just one catch – there's only one bed.

Luckily, because Leon works nightshifts, the two flatmates are never home at the same time.

They communicate via post-it notes. But then a chance face-to-face encounter in embarrassing circumstances changes everything.

It's an unusual, quirky premise for a funny and uplifting tale. And what follows is a heart-warming story of friendship and love.

Both characters are carefully crafted and O'Leary skilfully weaves their back stories into their emerging relationship.

And while this is a charming, joyful tale, the author has incorporated serious issues, from controlling ex-partners and destructive relationships to end-of-life care for the dying.

The smart and original writing makes for a compelling, emotionally intelligent and thoughtful book about love.

It's fiction to make you feel good – endlessly enjoyable and brilliant fun.

MY SIX BEST BOOKS DOROTHY KOOMSON

DOROTHY Koomson, 47, is an award-winning novelist. Her thriller The Ice Cream Girls was adapted for ITV in 2013 and is one of the books being given away as part of World Book Night on April 23.

FANTASTIC MR FOX
by Roald Dahl
Puffin, £5.99
One of my favourites as a child. I suspect my enduring love comes from memories of my older brother reading it to my sister and me.

THE FAMILY
by Buchi Emecheta
Out of print
The tale of a Jamaican family who emigrated to the UK told mainly through the eyes of the mother and daughter. The Family gave me the courage to tackle difficult themes.

RUNNING WILD
by JG Ballard
Out of print
After a group of extremely wealthy parents are murdered in their exclusive gated housing development, their children are kidnapped. This novella began my love affair with JG Ballard's stories.

WAITING TO EXHALE
by Terry McMillan
Out of print
Savannah, Bernadine, Gloria and Robin are very different people but have a friendship that can withstand almost anything. This is a clever, thoughtful, funny book about friendship, family and finding out who you really are.

NOUGHTS & CROSSES
by Malorie Blackman
Penguin, £7.99
This story of two young people who fall in love in a world where their skin colour keeps them apart actually managed to make me cry.

BECOMING
by Michelle Obama
Viking, £25
I have a lot of admiration for Michelle and I didn't want her book to disappoint. No such worries were necessary! Her memoir felt like it had been written for me.

GARRY BUSHELL

EXPRESS NEWSPAPERS

BOOK OFFERS

A DOG NAMED BEAUTIFUL: THE TRUE STORY OF THE LABRADOR WHO TAUGHT A MARINE TO LOVE LIFE AGAIN
BY **ROBERT KUGLER**
PUBLISHED BY **BANTAM PRESS**

Rob Kugler adopted his chocolate Lab Bella as a puppy. When his life fell apart, it was Bella who helped heal the wounds and made Rob's life worth living again. So when he was told that she had cancer and only a few months left to live he was devastated. Rob was determind to show her the same unconditional love she had always shown him, and gave Bella the farewell adventure of her doggie dreams.

£16.99 HARDBACK

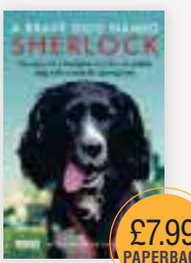
LOST DOG: A LOVE STORY
BY **KATE SPICER**
PUBLISHED BY **EBURY**

Kate is a middle aged woman trying to steer some order into a life that is going off the rails. When she adopts a lurcher called Wolfy, the shabby rescue dog saves her from herself. But when the dog disappears, it is up to Kate to hit the streets of London and find him. A brilliant, life-affirming memoir, Lost Dog is a book like no other about both the myth of modern womanhood, and the enduring mystery of the relationship between human and canine.

£16.99 HARDBACK

SHERLOCK: THE FIRE BRIGADE DOG
BY **PAUL OSBORNE**
PUBLISHED BY **ARROW BOOKS**

The incredible true story of Sherlock, the brave dog with a nose for saving lives. Firefighter Paul Osborne works with the Fire Investigation Dog unit, where he handles Sherlock - an excitable, bright-eyed cocker spaniel. What makes Sherlock different? He's the most talented investigative dog the Fire Brigade has ever produced, capable of identifying extraordinarily subtle traces and scents even after thousand-degree blazes wearing special protective boots due to the dangerous environments.



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Letters

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Graduates are at fault for messing up the country

I DID not go to university either but had a very successful and varied career.

Most of our government have degrees and look at the mess they have made of our country.

They certainly do not seem qualified to govern a once-great country like ours.

Suzi White,
Taunton, Somerset

Eco warriors have got too much time on their hands

WHO are these so-called eco warriors with seemingly endless time, certainly resources, to make a nuisance of themselves, both to properties and people who wish to go about their daily lives unfettered ("Eco warriors glue themselves to train", April 18)?

They seem to lack any gumption or thought for fellow men and women.

I would have a higher regard for them if they were giving time in care homes to bathing and/or feeding those who need a helping hand, clearing and cleaning beaches or tidying littered beauty spots.

If none of those activities appeal, what about fundraising for our veterans, some of whom are on the streets, to give them a lift and some hope?

Jill Baxter,
Abergynolwyn, Gwynedd

Send protesters a bill for the disruption they cause

TO combat all these protestors in London gluing themselves to things, get the emergency services to send their bills direct to the persons they are releasing, not us ordinary taxpayers.

Also, have the shop owners affected considered prosecuting the protest organisers for loss of earnings?

Keith Burnard,
Launceston, Cornwall

Bringing London to a halt has caused more pollution

IT strikes me that the climate change protestors in London have caused more pollution by bringing London traffic to a standstill than if they had just stayed at home.

Sandra Lambert,
Morley, W Yorks

Carry on the crusade over these pensions injustices

I MUST applaud the Daily Express for taking on the plight of the war widows and their lost pensions ("Justice crusade for war widows wins top award", April 17).

I, like many other former service personnel, have also been disadvantaged by government rulings.

I served our Queen and country prior to 1975 but didn't complete a full 22-year term so did not get a pro-rata pension.

Those serving after 1975 get a pension after completing a two-year term.

Most of us suffering as a result are now in our 70s and 80s, many in poor health and living on a basic state pension. This injustice needs to be dealt with too.

Ken Collingwood,
Chesterfield, Derbys

Letter of the day

Picture: KENNEDY NEWS AND MEDIA

SUCCESS: Self-made boss Lucy Arnold should be praised

Degree is no measure of achievement

WORDS fail me. To hear that successful businesswoman Lucy Arnold has been told she does not qualify to speak to students because she did not go to university beggars belief ("No degree? No thanks! School lecture snub to self-made boss", April 18).

University is not for everyone, especially those whose strengths lie in actions rather than academia.

Instead of the teacher being shocked that Lucy didn't have a degree, a more positive word such as "impressed" should have been used.

The teacher's reply also shows that they themselves should return to university to study the correct use of the English language.

Angie Reynolds,
Brentwood, Essex

Suspending doctor simply penalises NHS patients

TO suspend the doctor who fast-tracked his wife, also a doctor, through A&E is ridiculous ("Doctor helped wife jump the queue in A&E", April 18).

What could be more natural than helping each other?

We are now, for a period, minus an essential member of the medical profession just because some moaner wanted to complain. I am disgusted.

Peter Hyde,
Driffield, E Yorks

Voters backing Farage as they don't trust the rest

THE Brexit party is leading the polls and Dame Margaret Beckett and others have branded Nigel Farage as extreme Right wing ("Farage delight as his Brexit party takes the lead in poll", April 18).

I am neither extreme, particularly Right wing, xenophobic or racist.

Nor do I believe in violence to solve anything. I ask Dame Beckett, who are the people listening to? Parliament has thrown away the trust of the people by failing to implement a democratic vote.

I will therefore back the Brexit party because Mr Farage does what he promises, which is why he will win by a landslide in the EU elections if they are held. For Tories and Labour the end is nigh.

Robert Pullen,
Bingham, Notts

Euro elections will see all main parties wiped out

THERESA May will not allow the Euro elections to go ahead.

Why? Because the three main parties will be wiped out in them.

I challenge her to hold them. It would give her a clear signal, better than a referendum, since the two questions in that referendum would only be: shall we stay in or shall we stay in?

She and the rest of Westminster do not want confirmation of what we, the general public, really think of them because, deep down, they already know.

Michael Hilder,
Weymouth, Dorset

Notre-Dame fire has given Macron a popularity boost

FROM the tragedy of Notre-Dame at least one person seems to have been given a personal boost ("Tax spat over saving Notre-Dame", April 18).

President Emmanuel Macron's moving speech and promise of only a five-year restoration target has revived his own low ratings in France.

And Paris is unlikely to witness the weekly protests from the "yellow vests" in the foreseeable future.

Michael Carter,
Rickmansworth, Herts

Hitmaker Les was a great man who loved to laugh

I HAD a lump in my throat reading that Les Reed had passed away ("Tom Jones' Delilah hitmaker dies at 83", April 17).

Even though I have not seen Les for more than years I shall never forget what a terrific man he was.

I was on holiday with him and his family in Cornwall at the time It's Not Unusual became Number 1.

Les thought it quite funny, for every time we walked into the ballroom, the band stopped playing immediately and started playing It's Not Unusual.

He deliberately went in then came out with a wave then a few minutes walked back in again.

He had a good sense of fun.

Tony Woolf,
Elsenham, Essex

ARE ROAD SIGNS DRIVING MOTORISTS ROUND THE BEND?

Yes WHEN I was learning to drive, road signs were few and far between but were perfectly fit for purpose ("Sign of motoring times...", April 18).

It is no wonder that motorists get confused these days as there are so many new signs that your brain doesn't have time to read and understand them all.

The modern way seems to be that if there is an issue, put up a sign.

On many occasions we don't need them if people drive properly, so why not just prosecute the bad drivers?

David Anderson,
Gloucester

No IF people don't know what road signs mean then they shouldn't pass their test, it's as simple as that.

People zoom around so quickly these days because they are rarely caught, so it's no wonder they don't always have time to read the road signs. If everyone just slowed down and learned to read the situation on the road ahead then they'd be able to process the information on signs and drive safely.

And if they slowed down then many signs would be redundant anyway.

Paul Roberts,
Shrewsbury, Salop

TODAY: Friday April 19, 2019

ON THIS DAY

100 years ago (1919)
Britons enjoyed their first outdoor holiday since the outbreak of the First World War in 1914.

With the ban on civilian flying temporarily waived for the Easter break, some thrill-seekers took to the skies in passenger planes, while many children enjoyed the glorious weather at the seaside.

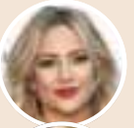
63 years ago (1956)
Hollywood star Grace Kelly married Prince Rainier III of Monaco in "the wedding of the century". The event, attended by 700 guests, including Greek shipping tycoon Aristotle Onassis and screen icons Cary Grant and David Niven, was watched by an estimated 30 million TV viewers.

47 years ago (1972)
Irish nationalist politicians denounced the Widgery Report which exonerated the British Army for Bloody Sunday.

Lord Chief Justice, Lord Widgery put the blame for the 14 civilian deaths on the march organisers for creating a dangerous situation which would inevitably lead to a confrontation.

The report was later discredited as a cover-up.

BIRTHDAYS



Bride Wars actress **Kate Hudson** is 40. She plays the guitar and the piano. Tennis star **Maria Sharapova** is 32. She's a big fan of Sherlock Holmes. Ex-England goalkeeper **Joe Hart** is 32. He also plays cricket. Rocky Horror star **Tim Curry** is 73. He starred as Dr Frank-N-Furter in the original film in 1975.

TODAY'S GIGGLE

What do you get if you cross a rabbit's foot with poison ivy? A rash of good luck!

A chunk of comedy gold

Mike Ward previews tonight's TV

A BBC press release last week announced the creation of something called the British Comedy Foundation, a new initiative that aims "to give dedicated focus and nurture to this crucial part of British cultural life". That, and to be "a catalytic body for industry opportunities, challenges and partnerships".

In me, this release triggered two reactions:

(1) What a fine idea, celebrating and developing something at which this nation truly excels.

And (2) what a load of self-important BBC guff. (I've actually done a search of the full statement, issued by the BBC's Controller of Comedy, and not once do any of the following words appear: fun, funny, laugh, smile, amuse, entertain.)

I still can't be sure which of my reactions I'll adopt as my official standpoint but whichever it turns out to be, one thing's for sure: British comedy has come a hell of a long way since 1979.

I mention 1979 specifically because that's the initial focus of a new flashback series, **THE COMEDY YEARS** (*ITV3, 9pm*), starting tonight and continuing throughout this Easter weekend.

Each programme unearths a bunch of comedy clips from a particular year, shows these to a selection of famous, mostly comedic folk and seeks their thoughts and reflections.

It doesn't tell us anything terribly new (except that comedian Shappi Khorsandi, who reckons Not The Nine O'Clock News "rocked my world", must have a remarkable memory given that she was six years old at the time) but, hey, it's fun just to wallow in this stuff.

Elsewhere tonight, the nation's former Deputy Prime Minister reaches what must surely be the pinnacle of his career, finally getting to make his own personalised flavour of malt loaf in **BRITISH MADE WITH JOHN PRESCOTT** (*Channel 5, 8pm*). This new four-part series sees John pootling all over the country in his beloved Jag, visiting factories where (and please be warned, I'm about to deploy that most infuriatingly overused word "iconic"…) some of our most iconic (told you) food and drink brands are made.

And, yes, the people at Soreen in Manchester, which began producing malt loaf 79 years ago, are delighted to show their famous guest around. If they'd rather it were Gregg Wallace, they're polite enough not to say so.

John also heads to Worcester, where Lea & Perrins has been making Worcestershire sauce since 1837. John, we discover, won't eat cheese on toast without it.

PICKS OF THE DAY

Travel: Pilgrimage: The Road To Rome, BBC2, 9pm

We love the randomness of shows likes this. Fancy a plimgrimage to Italy with Les Dennis and Greg Rutherford? Only in the world of TV would an offer like that come. Anyway, the pilgrims (all left) arrive in Sutri, a medieval town with an even older history, where they visit a magnificent Roman amphitheatre, where Lesley Joseph auditions for 'producer'. Stephen K Amos, Mehreen Baig and Les Dennis visit a church, which was originally Etruscan and pagan before becoming Roman, then Christian and finally Catholic. Later, with Rome on the horizon, they get their first view of the Eternal City from Monte Mario park, heading to St Peter's Square.

Comedy: Joe Lycett's Got You Back, C4, 8.30pm

The comedian – who we consider to be one of the stand-out stand-ups of the moment – continues his crusade for the consumer rights of the Great British public. This time, his guest is Strictly Come Dancing head judge Shirley Ballas, who assists Joe as he dishes the dirt on unhygienic takeaways and sends holiday booking sites packing. It is part in down to his accent and part down to his terrific delivery but we could watch Lycett (left) do his thing for hours on end.

Travel: Cruising With Jane McDonald, Channel 5, 9pm

She gets about a bit does Jane McDonald (above)! The singer begins her Portuguese adventure in Porto, where she discovers the roots of a similarly named fortified wine. She then boards the impressive vessel that will take her down the River Douro. The cruise delivers her to the architectural wonder of Lamego, Vila Real and the home of Mateus Rose. She even manages to hop over the border to Spain.

Film: Doctor Strange, ITV, 8.30pm

An American surgeon seeks help from mystics after his hands are damaged in a car crash, but winds up becoming a warrior in an inter-dimensional battle between the forces of light and darkness. Fantasy adventure based on the Marvel comic, starring Benedict Cumberbatch (above), Mads Mikkelsen and Rachel McAdams, which took a staggering amount of money at the box office upon its release.

Soap: Coronation Street, ITV, 7.30pm

We are in Weatherfield for an hour tonight and Gemma storms off following a row with Chesney while Rick clears out Gary's yard to settle the debt owed by Mr Windass (Mikey North, right). Meanwhile, Eileen takes in Jan as a paying guest at Number 11. A quick google of the words 'Coronation Street' brings up all kinds of teases and spoilers but we suggest you resist the urge to find out what happens in the coming weeks and just sit back and let the action unfold before you.

DID YOU KNOW? Ten years ago comedian Joe Lycett won the Chortle Student Comedian Of The Year award and back in 2002 he appeared in an episode of the BBC sitcom Two Pints Of Lager And A Packet Of Crisps.

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BBC One

6.00 Breakfast Headlines. (W) (S)
9.00 Britain's Easter Story (AD)
10.00 Animal Park Easter Special Continuing the story of the two endangered cheetah cubs, Poppy and Winston. (R) (W) (S)
10.45 Homes Under The Hammer Properties in Newcastle-under-Lyme, London and Cornwall. (R)
11.45 Close Calls: On Camera (S)
12.15 Bargain Hunt From Harrogate, North Yorkshire. (AD) (W) (S)
1.00 BBC News, Weather (W) (S)
1.20 Local News, Weather V
1.30 Curiosity Jill and Steve take on Charlotte and Michael in the antiques gameshow to curate the most valuable collection, with £1,000 going to the winners. (S)
2.15 Escape To The Country Ginny Buckley helps a married Worcestershire couple. (AD) (R) (W)
3.00 Garden Rescue (AD) (R) (W)
3.30 Money For Nothing EJ Osborne calls Mark Haig to find a new use for an unwanted tape player, while designer maker Rupert Blanchard has the tall order of making half a chest of drawers whole again. (W) (S)
4.15 Home Is Where The Art Is Presented by Nick Knowles. (AD)
5.00 The Repair Shop (W) (S)
5.45 Pointless Quiz show. (W) (S)
6.30 BBC News, Weather (W) (S)
6.50 Local News, Weather (S) V

EASTENDERS: Louise pops out with Sharon, unaware that Midge is watching them, 8.30pm

BBC Two

6.30 Escape To The Country Alistair Appleton presents. (R) (W)
7.15 Home Is Where The Art Is Three artists compete for a commission in North Wales. (R) (W)
8.00 Sign Zone: Walks Of Life JB Gill travels along the River Severn in Shropshire. (AD) (R) (SL)
9.00 BBC News At 9 (W) (S)
10.00 Flushed Away 2006 (U) FILM Animated comedy, with the voices of Hugh Jackman and Kate Winslet. (AD) (W) (S)
11.20 Mary Berry's Easter Feast Part one of two. Mary explores the roots of her faith through the medium of food. (AD) (R) (W) (S)
12.20 Mary Berry's Easter Feast Part two of two. (AD) (R) (W) (S)
1.20 Best Bakes Ever Actress and cake expert Jane Asher presents a selection of recipes from chefs. (R)
1.50 Richard Burton: Talking Pictures (R) (W) (S)
2.35 The Robe 1953 (U) FILM Drama, with Richard Burton and Jean Simmons. (W) (S)
4.45 Eggheads Quiz show. (R) (W)
5.15 Flog It! Paul Martin and the team value antiques in Southwell Minster, near Nottingham. (R) (W)
6.00 Island Medics (W) (S)
6.30 Richard Osman's House Of Games Beattie Edmondson, Amol Rajan, Gaby Roslin and Hugh Dennis take part. (R) (W) (S)

MASTERMIND: John Humphrys asks the specialist questions, 7pm

ITV

6.00 Good Morning Britain Morning magazine featuring a lively mix of news and current affairs. (W)
8.30 Lorraine Entertainment, current affairs and fashion news, as well as showbiz stories. (W) (S)
9.25 The Jeremy Kyle Show Guests air their differences. (W) (S)
10.30 This Morning Celebrity chat and lifestyle features. (W) (S)
12.30 Loose Women Topical debate from a female perspective. (W) (S)
1.45 ITV News, Weather (W) (S)
1.55 Local News, Weather V
2.00 Judge Rinder Cameras follow criminal barrister Robert Rinder as he takes on real-life cases. (W) (S)
3.00 Tenable Warwick Davis hosts as a team of travel company colleagues calling themselves the Jet Setters try to win a big cash prize by answering questions. (R)
4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz show, in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. (W) (S)
5.00 The Chase Bradley Walsh presents as contestants James, Taylor, Bob and Dylan work as a team to take on genius the Chaser and secure a cash prize. (W) (S)
6.00 Local News, Weather V
6.30 ITV News, Weather The latest national headlines. (S)

TAKE ME OUT: Paddy McGuinness presents as singletons attempt to find love, 10.50pm

Channel 4

6.05 Countdown Word game. (R,S)
6.40 Cheers US comedy. (R,S)
7.10 Cheers US comedy. (R,S)
7.35 Cheers US comedy. (R,S)
8.00 Frasier US sitcom. (R,S)
8.25 Frasier US sitcom. (R,S)
8.55 Everybody Loves Raymond Ray discovers the stone in Debra's engagement ring is a fake. (R,S)
9.25 Everybody Loves Raymond The Barones' cable TV goes on the blink. Ray Romano stars. (R,S)
9.55 Ramsay's Kitchen Nightmares USA (R,S)
10.50 Car SOS (AD) (R,S)
11.45 The Parent Trap 1998 (U) FILM Identical twins who were unaware of each other's existence meet for the first time by accident and try to reunite their parents. Comedy remake, with Lindsay Lohan and Dennis Quaid. (AD) (S)
2.10 Countdown Word game. (S)
3.00 A Place In The Sun Childhood sweethearts search for their dream home on the Spanish island of Gran Canaria. (R,S)
4.00 A New Life In The Sun The owners of a new bistro make a tough decision in Spain. (S)
5.00 Four In A Bed The B&B owners find out what they have been paid and settle some scores.
5.30 Extreme Cake Makers (S)
6.00 The Simpsons (AD) (R,S)
6.30 Hollyoaks British soap. (R,S)

JAMIE'S QUICK & EASY FOOD: The chef cooks up four more mouth-watering recipes, 8pm

Channel 5

6.00 Milkshake! Children's fun.
9.15 Jeremy Vine Talk show. (S)
11.15 Traffic Cops Officers close in on a suspected stolen car near Tadcaster, but they have to deploy two stingers as the driver tries to escape by hitting speeds in excess of 100mph. (R,S)
12.10 5 News Lunchtime (S)
12.15 Can't Pay? We'll Take It Away! Agents visit a former professional footballer who owes £4,500 in legal fees. (R,S)
1.05 Access Latest showbiz gossip.
1.15 Home And Away (AD) (S)
1.45 Neighbours (AD) (S)
2.15 Friends Rachel is offered a promotion in her job. (R,S)
2.50 Friends Ross embarks on a long-distance relationship. (R,S)
3.20 Mr Bean's Holiday 2007 FILM (PG) Comedy, starring Rowan Atkinson, Willem Dafoe, Emma de Caunes and Max Baldry. (S)
5.00 Dumb Criminals: Caught In The Act Comedy clips. (R,S)
5.30 Neighbours Elly admits to Shaun that he is the father of her child. She begs him to keep her secret, but he claims that he needs time to think about it. (AD) (R,S)
6.00 Home And Away Mason casts around for ideas to help Raffy. (R,S)
6.25 5 News Tonight (S)
6.30 The Royal Family: Scandals At The Palace Part one of two. (R)

HOME AND AWAY: Mason casts around for ideas to help Raffy, 6pm

7 PM

BBC One: **7.00 The One Show** Alex Jones and Ore Oduba introduce the usual mix of celebrity guests and topical stories. (W) (S) **7.30 Still Open All Hours** Granville starts making his own sausages and Gastric turns his Mini into a self-driving car. (R)

BBC Two: **7.00 Mastermind** Specialist subjectes include Henry VIII, Britpop and the Royal Navy. (W) (S) V **7.30 Great British Menu** The two remaining Scottish region chefs must cook their four-course menus again. (S) V

ITV: **7.00 Emmerdale** Amelia makes an alarming discovery, Billy considers a risky venture and Kim's request worries Rhona. **7.30 Coronation Street** ★★ Gemma storms off following a row with Chesney and Rick clears out Gary's yard to settle his debt. Meanwhile, Eileen takes in Jan as a paying guest at Number 11. *See Pick Of The Day.* (AD) (W)

Channel 4: **7.00 Channel 4 News** Including sport and weather. (S) **7.30 Travel Man: 48 Hours In Athens** Richard Ayoade is joined by comedy actress and writer Dawn French. (AD) (R,S)

Channel 5: **7.00 The Royal Family: Scandals At The Palace** Continued coverage of an examination of how the press reports on supposed royal scandals, with experts revealing how the House of Windsor has survived many tabloid storms.

8 PM

BBC One: **8.00 A Question Of Sport** With guests Colin Jackson, Jazz Carlin, Jon Wilkin and Dominic Parsons. (R) (W) (S) **8.30 EastEnders** The salon's opening day does not go well and a mock exam prompts Bex to get drunk. (AD) (W) (S)

BBC Two: **8.00 Gardeners' World** Monty Don gets going with a new planting project as well as giving plenty of tips on getting lawns in tip-top condition. Carol Klein is on hand to show the spring planting partners that grow happily together. (W) (S) V

ITV: **8.30 Doctor Strange** 2016 (12) FILM Premiere. An American surgeon seeks help from mystics after his hands are damaged in a car crash, but winds up becoming a warrior in an inter-dimensional battle between the forces of light and darkness. Fantasy adventure based on the Marvel comic, starring Benedict Cumberbatch, Mads Mikkelsen and Rachel McAdams. *See Pick Of The Day.* (AD) (W)

Channel 4: **8.00 Jamie's Quick & Easy Food** Featuring steak stir-fry, a watermelon, radish and feta salad and creamy mussels. (AD) **8.30 Joe Lycett's Got Your Back** ★★ With Strictly Come Dancing head judge Shirley Ballas. *See Pick Of The Day.* (S)

Channel 5: **8.00 British Made With John Prescott** New series. The politician visits the firms that make some of the nation's favourite foods and drinks, starting with Lea & Perrins Worcestershire Sauce and Soreen's Malt Loaf. (S)

9 PM

BBC One: **9.00 Have I Got News For You** Ash Sarkar and Josh Widdicombe join team leaders Ian Hislop and Paul Merton. (W) **9.30 Would I Lie To You?** Olivia Colman, Aston Merrygold, Jon Richardson and Michaela Strachan take part. (R)

BBC Two: **9.00 Pilgrimage: The Road To Rome** ★★ The Pilgrims arrive in St Peter's Square, Rome. Then emotions run high as they learn Pope Francis has agreed to meet them in a private audience. Last in the series. *See Pick Of The Day.* V

Channel 4: **9.00 Gogglebox** The armchair critics share their opinions on what they have been watching during the week. The programme captures their instant reactions and lively discussions from the comfort of their own homes. (AD) (S)

Channel 5: **9.00 Cruising With Jane McDonald** ★★ The singer begins her Portuguese adventure in Porto, where she finds the roots of a similarly named fortified wine. She then takes a luxury trip down the River Douro. *See Pick Of The Day.* (S)

10 PM

BBC One: **10.00 BBC News, Weather** (W) **10.20 Local News, Weather** V **10.30 The Graham Norton Show** Oscar-winner Anne Hathaway and Australian actress and writer Rebel Wilson discuss The Hustle, a new big-screen comedy. (W) (S)

BBC Two: **10.00 QI** Sandi Toksvig is joined by Sara Pascoe, Johnny Vegas and Ed Balls, plus regular panellist Alan Davies. (R) (S) V **10.30 Fallen** 2016 (12) Premiere. FILM Seventeen-year-old Lucinda finds herself in a reform school receiving therapy after being wrongly blamed for the death of a young boy. At the school she finds herself drawn to two fellow students, unaware the men are fallen angels, who she learns have loved her for centuries. Fantasy drama, starring Joely Richardson. (S) V

ITV: **10.40 ITV News, Weather** (W) (S) **10.49 Local News, Weather** V **10.50 Take Me Out** A warehouse worker from Wolverhampton, a musician from Leicester, a fitness blogger from Croyden and a single father from Glasgow step into Paddy McGuinness' Love Lift this week, seeking an audience with his panel of 30 single ladies. (R) (W) (S)

Channel 4: **10.00 Let's Talk About Sex** Danny Dyer explains the birds and the bees. This concluding episode takes a look at what old sex education videos considered "normal" in terms of relationships and sexual activity. (AD) (S)

Channel 5: **10.00 Victoria Wood: 40 Years Of Funny** Profile of the writer, charting her career from her initial breakthrough singing comedy songs on 1970s talent show New Faces, through to her subsequent TV series and stand-up shows. (R,S)

11 PM

BBC One: **11.20 Killing Eve** Villanelle is ordered to take a break, but she goes ahead with her next mission regardless, while Eve is given an opportunity to join a secret MI6 unit. (AD) (R) (W) (S)

BBC Two: **11.55 Sign Zone: The Gatwick Drone Attack – Panorama** Justin Rowlatt reports. (R) V **12.25 Sign Zone: The Brexit Storm: Laura Kuenssberg's Inside Story** (R) (SL) (W) (S) **1.25** Sign Zone: The Murder Of Jill Dando (R) (SL) (W) (S) **2.25-6.30** This Is BBC Two. Previews. (W) (S)

Channel 4: **11.05 Micky Flanagan's Out Out Tour** A performance by the comedian from his sold-out nationwide tour. He tells the story of his upbringing in London's East End and his rise to fame, making observations about the class system. (R,S)

Channel 5: **11.05 Celebrity Game Night** Frankie Bridge, Joe Swash, Iain Lee, Richard Coles, Samantha Womack and Desiree Burch compete in the gameshow, alongside regular team captains Susan Calman and Danny Baker. (S)

12 midnight

BBC One: **12.05 FILM: Robot & Frank** 2012 (12) Sci-fi comedy drama, starring Frank Langella, James Marsden, Liv Tyler and Susan Sarandon, with the voice of Peter Sarsgaard. (AD) (W) (S) Followed by Weather For The Week Ahead. (W) (S) **1.30-6.00** BBC News. The latest national headlines. (W) (S)

ITV: **12.00 Back To Mine** A London IT consultant looks for love by exploring the homes of three women. (R) (W) (S) **12.25** Jackpot247. Live interactive gaming from the comfort of your own home. (W) **3.00** All Star Mr & Mrs (R) (W) (S) **3.50-6.00** ITV Nightscreen. Text service. (W)

Channel 4: **12.05 FILM: Kick-Ass 2** 2013 (15) Superhero comedy sequel, starring Aaron Taylor-Johnson. (AD) (W) (S) **1.55** Chimerica (AD) (R) (SL) (S) **2.50** Lee And Dean (AD) (R) (SL) (S) **3.15** Four Rooms (R,S) **4.10** French Collection (R,S) **5.05-6.00** The £100k Drop. Presented by Davina McCall. (R,S)

Channel 5: **12.05 When TV Talent Shows Go To War** (R,S) **1.00** Teleshopping (S) **1.30** Teleshopping **2.00** Teleshopping **2.30** Teleshopping **3.00** Access (S) **3.10** Wentworth Prison (AD) (R,S) **4.00** Wentworth Prison (AD) (R,S) **4.55** Access (S) **5.10** Great Artists (R) (SL) (S) **5.35-6.00** Wildlife SOS (R) (SL)

(S) **Subtitles** (R) **REPEAT** (AD) **AUDIO DESCRIPTION** (SL) **SIGN LANGUAGE** (W) **Widescreen** V **Regional variations opposite** ★ **Recommended** ★★ **Outstanding**

Really

6.00 Fantasy Homes By The Sea
7.00 Cruise TV With LoveitBookit
8.00 The Sheriffs Are Coming (W)
6.00 Antiques Road Trip James Braxton and Charles Hanson compete in the week's final. (W) (S)
7.00 Antiques Road Trip James Braxton and Jonathan Pratt compete in the final auction. (W) (S)
8.00 Sarah Beeny's Renovate Don't Relocate Featuring a couple who have two small boys. (W)
9.00 Ghost Adventures Zak and the crew head to Utah. (W)
10.00 Paranormal Investigators Eric McGill head off to investigate a historic former inn in Ohio. (W)
11.00 Demon House Zak Bagans shares a story of demonic possession. (W) (S)
1.00 True Supernatural (W) **2.00** Teleshopping (W) **4.00** My Ghost Story: Caught On Camera (S) **4.45** My Extreme Weight Loss Journey (W) **5.30-6.00** Give A Dog A Home

Drama

7.10 The Bill Police drama. (W)
10.00 Pie In The Sky Drama. (S)
1.00 Death In Paradise First episode of the drama. (W) (S)
2.20 Death In Paradise A bride is shot dead on her wedding day. (W)
3.40 Death In Paradise Richard investigates a murder. (S)
5.00 Death In Paradise A woman confesses to killing her husband. (S)
6.20 Death In Paradise A prisoner is brutally stabbed to death while handcuffed to Richard. (AD) (W) (S)
7.40 Death In Paradise A local diver is found dead in shallow waters. (AD) (W) (S)
9.00 Father Brown Lady Felicia's bad driving lands her in hospital. (S)
10.00 Death In Paradise Dwayne's favourite singer is murdered. (W) (S)
11.20 Death In Paradise (AD) (W) (S)
12.40 New Tricks (W) (S) **1.40** New Tricks: The squad deals with a family feud. (W) (S) **2.50** Ashes To Ashes (W) **4.00** Teleshopping (W)

Gold

7.10 The Two Ronnies Comedy. (S)
8.45 Porridge Christmas special. (S)
9.40 Last Of The Summer Wine
11.00 The Good Life Comedy. (S)
12.55 Dad's Army Sitcom. (S)
3.35 Fawlty Towers Comedy. (S)
5.50 The Good Life Tom and Barbara invest in livestock. (AD) (S)
6.25 The Good Life The Goods reap their just rewards. (AD) (S)
7.00 The Good Life The Goods earn extra money. (AD) (S)
7.40 Dad's Army Comedy. (S)
9.40 Fawlty Towers Basil tries to prove a guest has smuggled a woman into his room. (AD) (S)
10.30 Fawlty Towers Basil holds a special gourmet night. (AD) (S)
11.10 Fawlty Towers Manuel's pet rat escapes from its cage. (AD) (S)
12.00 The Two Ronnies (S) **12.55** The Two Ronnies (S) **1.45** Porridge: Christmas special from 1975. (S) **2.35** The Rebel (W) (S) **3.10** Game On (S) **4.00** Teleshopping (W)

Yesterday

6.00 Raiders Of The Lost Past (S)
8.00 Planet Earth Exploring Earth's natural history. (AD) (W) (S)
8.00 Trains That Changed The World The historical importance of freight trains. (W) (S)
9.00 Impossible Railways How engineers have built railways across mountains. (AD) (W) (S)
10.00 Narrow Escapes Of World War Two The story of Lieutenant General Leslie Morshead, who commanded the British and Australian troops who held off Rommel's Afrika Korps at the port of Tobruk in 1941. (AD) (W) (S)
11.00 Planet Earth Life in the world's darkest caves. (AD) (W) (S)
12.00 Planet Earth Life on top of the world's highest peaks. (S) **1.00** Raiders Of The Lost Past: The veil of Veronica. (W) (S) **2.00** Raiders Of The Lost Past: A hidden treasure supposedly buried in Texas. (W) **3.00-6.00** Teleshopping (W)

RADIO 1
FM: 97.6-99.8 MHz

6.00 Weekend Breakfast With Matt And Mollie. **10.00** Greatest Hits With Maya Jama. **11.00** Maya Jama. **12.45** Newsbeat. **1.00** Dev And Alice. **4.00** The Official Chart Show With Scott Mills. **5.45** Newsbeat. **6.00** Radio 1's Dance Anthems With Scott Mills. **7.00** Radio 1's Rave Lounge. **8.45** Radio 1's Rave Lounge. **11.00** Radio 1's Rave Lounge. **1.00** Radio 1's Essential Mix. **3.00** Radio 1's Drum & Bass Mix. **3.30** Annie Mac's Moments Mix. **4.00-5.00** Radio 1's Wind Down With Ross From Friends.

RADIO 2
FM: 88-90.2 MHz

5.00 Nicki Chapman: Music, interviews, news and chat. **6.30** The Matt Lucas Breakfast Show. **9.30** Jo Whiley. **12.00** A Star Is Re-Born. **2.00** Alan & Mel On Good Friday. **5.00** Sara Cox. **7.00** Tony Blackburn's Golden Hour. **8.00** At The Foot Of The Cross. **10.00** Sounds Of The 80s With Gary Davies. **12.00** The Pick Of Radio 2 With Anneka Rice. **2.00** Johnnie Walker's Long-Players. **3.00** Carpenters From A To Z. **4.00-6.00** Huey Morgan.

RADIO 3
FM: 90.2-92.4 MHz

6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer Of The Week: Berg. **1.00** News. **1.02** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** The Listening Service. **5.00** In Tune. **7.00** In Tune Mixtape: A specially curated mix of eclectic music, featuring Poulenc's Penitential Motets. **7.30** Radio 3 In Concert. **10.00** The Verb. **10.45** The Essay: Behold The Man: At the National Gallery, Chibundu Onuzo contemplates Guercino's The Incredulity of Saint Thomas, because Thomas is a kindred spirit to her. **11.00** Music Planet. **12.30** Music Planet World Mix. **1.00-7.00** Through The Night.

RADIO 4
FM: 92.4-94.6 MHz LW: 198 kHz

5.30 News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **5.58** Tweet Of The Day. **6.00** Today. **9.00** The Reunion. **9.45** (LW) Daily Service. **9.45** (FM) Book of the Week: Michael Tippett: The Biography. **10.00** Woman's Hour. **11.00** Out Of Office. **11.30** Reluctant Persuaders. **12.00** News. **12.01** (LW) Shipping Forecast. **12.04** Adrian Mole And The Weapons Of Mass Destruction. **12.18** You And Yours. **1.00** The World At One. **1.45** One To One. **2.00** The Archers: Lily offers an explanation. **2.15** Drama: First World Problems: By Martin Jameson. **3.00** Good Friday Meditation: Bishop James Jones reflects on Psalm 22 through readings, music and personal stories. **3.30** The Psalms: New series. Jeremy Irons reads from The King James version. **4.00** Last Word: The lives of famous and less well-known people who have recently died. **4.30** A Good Read: Sally Phillips and Julia Donaldson talk about books they love. **4.55** The Listening Project: Two 17-year-old girls talk about what it's like to be HIV positive. **5.00** PM: With Caroline Wyatt. **5.54** (LW) Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The News Quiz: Comedy panel game, with John Robins, Andy Hamilton and Danielle Ward. **7.00** The Archers. **7.15** Front Row. **7.45** The Citadel. **8.00** Any Questions? **8.50** A Point Of View. **9.00** Long Road To Change. *See Radio Choice.* **10.00** The World Tonight: Presented by Razia Iqbal. **10.45** Book at Bedtime: Adrian Mole And The Weapons Of Mass Destruction: By Sue Townsend. **11.00** Great Lives. **11.25** The Untold. **11.55** The Listening Project. **12.00** News. **12.30** Book of the Week: Michael Tippett: The Biography. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30** Shipping Forecast.

RADIO 5 LIVE
MW: 909, 693 kHz

5.00 Morning Reports. **5.15** Wake Up To Money. **6.00** 5 Live Breakfast. **8.30** Robbie Savage's Premier League Breakfast. **9.00** Your Call. **10.00** Chiles On Friday. **1.00** Kermode And Mayo's Film Review. **2.30** 5 Live Sport: Steve Crossman presents the day's sports news, plus interviews and features. **5.30** 5 Live Drive. **7.00** 5 Live Sport. **10.00** Stephen Nolan. **1.00-5.00** Up All Night.

talkSPORT
MW: 1053, 1089, 1071, 1107 kHz

6.00 The Alan Brazil Sports Breakfast. **10.00** Jim White, Perry Groves And Bob Mills. **1.00** Matchday Live. **5.00** The Full Time Phone-in. **7.00** The Season Ticket With Danny Kelly, Laura Woods And Luke Moore. **10.00** The Two Mikes. **1.00-6.00** Extra Time With Tom Latchem.

Variations

BBC1 Variations WALES: **1.20-1.25** Local News; Weather **6.50-6.55** Local News **7.30-8.00** Weatherman Walking: The Welsh Coast **10.20-10.25** Local News; Weather
BBC2 Variations WALES: **7.00** Scrum V Live. Pontypridd v Cardif. **9.00** Celebrity Painting Challenge **10.00** Pilgrimage: The Road To Rome **11.00-12.25** Film: Fallen
ITV Variations ITV CHANNEL: **12.25** The Chase: James, Taylor, Bob and Dylan take on the Chaser. **1.15** Tipping Point: Gameshow, hosted by Ben Shephard. **2.05-3.00** ITV Nightscreen: Text-based information service.
S4C 6.20 Cyw: Guto Gwningen **6.35** Cyw: Cymylaubychain **6.45** Cyw: Do Re Mi Dona **7.00** Cyw: Jen A Jim A'r Cywiadur **7.15** Cyw: Mwnci'n Dweud Mwnci'n Gwneud **7.25** Cyw: Asra **7.40** Cyw: Ben A Mali A'u Byd Bach O Hud **7.50** Cyw: Nos Da Cyw **8.00** Cyw: Twt **8.15** Cyw: Antur Natur Cyw **8.30** Cyw: Babi Ni **8.40** Cyw: Tomos A'i Ffrindiau **8.50** Cyw: Loti Borloti **9.05** Cyw: Stiw **9.15** Cyw: Sblij A Sbloj **9.20** Cyw: Boj **9.30** Cyw: Meic Y Marchog **9.45** Cyw: Heini **10.00** Cyw: Bing **10.10** Cyw: Bach A Mawr **10.20** Cyw: Guto Gwningen **10.35** Cyw: Cymylaubychain **10.45** Cyw: Do Re Mi Dona **11.00** Cyw: Jen A Jim A'r Cywiadur **11.15** Cyw: Mwnci'n Dweud Mwnci'n Gwneud **11.25** Cyw: Asra **11.40** Cyw: Ben A Mali A'u Byd Bach O Hud **11.50** Cyw: Nos Da Cyw **12.00** Newyddion S4C A'r Tywydd **12.05** 999: Ambiwlans Awyr Cymru **12.30** Y Siambr **1.30** Arfordir Cymru: Llyn **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Ffit Cymru **4.00** Awr Fawr **5.00** Stwnsh: Pat A Stan **5.10** Stwnsh: £Fl **5.15** Stwnsh: Chwarter Call **5.30** Stwnsh: Pwy Geith Y Gig? **5.55** Stwnsh: Chwedloni **6.00** Newyddion S4C A'r Tywydd **6.05** Rhannu **6.30** Garddio A Mwy **7.00** Heno **8.00** Pobol Y Cwm **8.25** Y Sioe Fwyd **9.00** 3 Lle: Bryn Fôn **9.30** Galw Nain Nain Nain **10.05** Merched Parchus **10.20** Merched Parchus **10.35** Cymru Wyllt

Radio Choice

Long Road to Change, Radio 4, 9pm
In an age when organising protest movements is easier than ever before, writer Zoe Williams asks whether social activism can achieve genuine, long-lasting, concrete change.
She talks to former civil rights organiser Marshall Ganz and considers whether social media can work with traditional methods of protesting by speaking with a co-founder of UK Uncut and digital activists who studied the unprecedented success of Euromaidan in Ukraine.
Liam Shaw

BBC WORLD SERVICE
on digital only

5.00 News. **5.06** The Newsroom. **5.30** Science In Action. **6.00** Newsday. **8.30** Business Daily. **8.50** Witness History. **9.00** The Real Story. **10.00** World Update. **11.00** The Newsroom. **11.30** World Football. **12.00** News. **12.06** The 5th Floor. **1.00** The Newsroom. **1.30** Heart And Soul. **2.00** Newshour. **3.00** News. **3.06** Tech Tent. **3.30** World Business Report. **4.00** BBC OS. **6.00** News. **6.06** The 5th Floor. **7.00** News. **7.06** The Newsroom. **7.30** Sport Today. **8.00** News. **8.06** HARDtalk. **8.30** CrowdScience. **9.00** Newshour. **10.00** News: Catch up with the headlines. **10.06** Trending. **10.30** World Football. **11.00** News. **11.06** The Newsroom. **11.20** Sports News. **11.30** World Business Report. **12.00** News: Headlines. **12.06** The Real Story. **1.00** News. **1.06** Business Matters. **2.00** News. **2.06** The Newsroom. **2.30** Stumped. **3.00** News. **3.06** The Fifth Floor. **4.00** News. **4.06-5.00** The Real Story.

CLASSIC FM
FM: 100-102 MHz

6.00 More Music Breakfast. **9.00** The Classic FM Hall Of Fame. **12.00** The Classic FM Hall Of Fame With Anne-Marie Minhall. **3.00** The Classic FM Hall Of Fame With John Brunning. **6.00** The Classic FM Hall Of Fame. **9.00** The Way In With Andrew Collins. **10.00** Smooth Classics. **1.00** Bob Jones. **4.00** Jane Jones.

ABSOLUTE RADIO
MW: 1215, 1197, 1242 kHz

6.00 Dave Berry. **10.00** Sarah Champion. **1.00** Ben Burrell. **4.00** Pete Donaldson. **7.00** Absolute 80s With Claire Sturgess. **10.00** Jay Lawrence. **4.00-8.00** Chris Martin.

RADIO WALES
MW: 882, 657 kHz FM: 93.9-95.9, 103.7-103.9 MHz

5.00 Mal Pope. **7.00** Good Morning Wales. **9.00** Dot Davies. **11.00** Wynne Evans. **2.00** Radio Wales Sport. **5.00** Good Evening Wales. **6.00** Walking In The Steps Of Christ. **6.30** Ricky Valance: Still Telling Laura He Loves Her. **7.00** Radio Wales Sport. **10.00** News. **10.03** Chris Needs: Music, news and chat. **1.00-5.00** As BBC World Service.

ADVERTISEMENT

Will you leave the gift of a Marie Curie Nurse like Lynne in your Will?

By Marie Curie Nurse, Lynne Murrell

If you've lost a loved one to terminal illness, you will know how important it is for people to spend their last days at home, surrounded by the people they love and the things they treasure. That's why I believe that a gift left to Marie Curie in your Will, is a gift given with love.

I have been a Marie Curie Nurse for 13 years, caring for people who have a terminal illness, through the night. There have been some sad moments, of course, but lots of laughter too. And I've met so many wonderful characters.

What I know is that at the end of their lives, most people would choose to spend their precious last days in the familiar surroundings of their own home. It's what their families want too. But for a family member, caring for someone you love night and day is a huge emotional and physical challenge.

I always remember one kind gentleman I cared for. His wife didn't want to leave his bedside for a moment but she was completely exhausted. I took over her husband's care and spoke to her gently to ease her fears.

Before I left, she turned to me to say: 'his last wish is to stay at home and I was scared I couldn't cope. Then you arrived. You gave me strength and you gave him peace. I can't thank you enough.'

When I thought about it later, it's not only me she was thanking. It was also all the people who chose to leave a gift in their Will to support Marie Curie Nurses like me. I think their decision is an incredible demonstration of kindness and generosity.

With the UK's ageing population, gifts left in people's Wills could also help Marie Curie Nurses like me to meet the increasing demands. These gifts will help to ensure that we will be there to care for everyone who needs us, far into the future. And when I go on my shift, I take strength from knowing that people believe in me and the work I do.

With a gift in your Will you'll support a Marie Curie Nurse like me to provide compassionate care to someone when they need it most.

That's why I hope you'll leave a legacy of loving care by remembering Marie Curie in your Will. I know that it's a gift given with love.

Find out how you can support a Marie Curie Nurse with a gift in your Will

with love

Return this coupon for your free Gifts in Wills Guide

For a free guide, please return this coupon in an envelope addressed to:
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TDE1

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FILMS

TODAY'S CHOICE

ANT-MAN AND THE WASP ★★★★
Sky Cinema Premiere, 8pm

With Marvel's conclusion to the 22 films in the superhero saga, Avengers End Game, due for release later this month, this is the perfect chance for fans to catch up with two of the characters set to play a crucial part in the final battle against evil warlord Thanos.

In the second Ant-Man movie, Dr Hank Pym and daughter Hope van Dyne present a new mission to Scott Lang, that finds his joined by the Wasp as they attempt to uncover secrets from the past, while trying to rescue Hank's wife Janet from the quantum realm.

Fantasy adventure, starring Paul Rudd.

Chris McHugh

Times quoted are BST

SKY CINEMA PREMIERE *Sky 301*

6.00am Lu Over The Wall (2017) (PG) Animated fantasy. **8.00 Samson (2018) (15)** Biblical drama, starring Taylor James. **10.00 Christopher Robin (2018) (PG)** Comedy adventure, starring Ewan McGregor. **Noon Ant-Man And The Wasp (2018) (12)** Premiere. Superhero adventure, starring Paul Rudd and Evangeline Lilly. **2.00 Super Troopers 2 (2018) (15)** Comedy, starring Jay Chandrasekhar. **3.45 The Top Ten Show** Box office hits. **4.00 Samson (2018) (15)** Biblical drama, starring Taylor James. **6.00 Christopher Robin (2018) (PG)** Comedy adventure, starring Ewan McGregor. **8.00 Ant-Man And The Wasp (2018) (12)** Premiere. *See Today's Choice.* **10.00 Super Troopers 2 (2018) (15)** Comedy, starring Jay Chandrasekhar. **11.45 Incident In A Ghostland (2018) (18)** Horror, starring Crystal Reed. **1.20am Blame (2017) (15)** Drama, starring Quinn Shephard. **3.10 The Whiskey Bandit (2017) (15)** Drama, with Bence Szalay. **5.30 The Hurricane Heist: The Eye Of The Storm**

SKY CINEMA COMEDY *Sky 307*

6.40am 10 Things I Hate About You (1999) (12) With Heath Ledger. **8.25 Think Like A Man (2012) (12)** With Michael Ealy. **10.35 Think Like A Man Too (2014) (12)** With Kevin Hart. **12.30pm Game Night (2018) (15)** With Jason Bateman. **2.15 We're The Millers (2013) (15)** With Jason Sudeikis. **4.10 Blockers (2018) (15)** With Leslie Mann. **6.00 How To Lose A Guy In 10 Days (2003) (12)** With Kate Hudson. **8.00 Game Night (2018) (15)** A group of friends become entangled in a mystery when the brother of one of them is seemingly kidnapped by gangsters. Black comedy, starring Jason Bateman. **9.45 We're The Millers (2013) (15)** A drug dealer recruits a fake family to give him a cover for moving a shipment of marijuana over the Mexican border. Comedy, with Jason Sudeikis and Jennifer Aniston. **11.45 Blockers (2018) (15)** With Leslie Mann. **1.35am Deuce Bigalow: Male Gigolo (1999) (15)** With Rob Schneider. **3.10 Deuce Bigalow: European Gigolo (2005) (15)** With Rob Schneider. **4.40 Fletch (1985) (PG)** With Chevy Chase.

SKY CINEMA ACTION *Sky 306*

7.20am The Karate Kid (1984) (PG) With Ralph Macchio. **9.30 Avatar (2009) (12)** With Sam Worthington. **12.15pm Ready Player One (2018) (12)** With Tye Sheridan. **2.45 The Transporter (2002) (15)** With Jason Statham. **4.25 Transporter 2 (2005) (15)** With Jason Statham. **6.00 Ant-Man And The Wasp (2018) (12)** With Paul Rudd. **8.00 Deep Impact (1998) (12)** A reporter investigating a presidential misdemeanour stumbles on evidence that a comet is on a collision course with Earth. Sci-fi drama, starring Robert Duvall and Tea Leoni. **10.05 Jurassic World: Fallen Kingdom (2018) (12)** With Chris Pratt. **12.20am The Transporter (2002) (15)** With Jason Statham. **1.55 Transporter 2 (2005) (15)** With Jason Statham. **3.30 12 Rounds (2009) (15)** With John Cena. **5.30 Red Sonja (1985) (15)** With Brigitte Nielsen.

SKY CINEMA ANIMATION *Sky 305*

6.20am Bolt (2008) (PG) With the voice of John Travolta. **8.05 Hotel Transylvania 3: A Monster Vacation (2018) (U)** Featuring the voice of Adam Sandler. **9.50 Monsters, Inc (2001) (U)** With the voices of John Goodman and Billy Crystal. **11.30 Hop (2011) (U)** Part-animated comedy, starring James Marsden. **1.10pm The Smurfs (2011) (U)** Fantasy comedy, starring Neil Patrick Harris. **3.00 Captain Underpants: The First Epic Movie (2017) (U)** With the voice of Kevin Hart. **4.35 Hotel Transylvania 3: A Monster Vacation (2018) (U)** Featuring the voice of Adam Sandler. **6.20 Monsters, Inc (2001) (U)** With the voices of John Goodman and Billy Crystal. **8.00 Captain Underpants: The First Epic Movie (2017) (U)** With the voice of Kevin Hart. **9.35 Bolt (2008) (PG)** With the voices of John Travolta and Miley Cyrus. **11.15 Anastasia (1997) (U)** With the voice of Meg Ryan. **1.00am A Wizard's Tale (2018) (U)** Featuring the voice of Toby Kebbell. **2.45 Tall Tales From The Magical Garden Of Antoon Krings (2017) (U)** Featuring the voice of Kev Adams. **4.25 Anastasia (1997) (U)** With the voice of Meg Ryan.

SKY CINEMA DRAMA *Sky 309*

6.00am The Young Messiah (2016) (15) With Adam Greaves-Neal. **8.00 Casablanca (1942) (U)** With Humphrey Bogart. **9.55 Love, Simon (2018) (12)** With Nick Robinson. **11.55 Battle Of The Sexes (2017) (12)** With Emma Stone. **2.00pm The Top Ten Show** Box office hits. **2.20 Lawrence Of Arabia (1962) (PG)** With Peter O'Toole. **6.00 The Leisure Seeker (2017) (15)** With Helen Mirren. **8.00 Love, Simon (2018) (12)** With Nick Robinson and Jennifer Garner. **10.00 Battle Of The Sexes (2017) (12)** Starring Emma Stone. **12.05am Riot (2018) (15)** With Damon Herriman. **2.00 An Officer And A Gentleman (1982) (15)** Starring Richard Gere. **4.10 Hope Floats (1998) (PG)** Starring Sandra Bullock.

SKY CINEMA SUPERHERO *Sky 303*

6.40am The LEGO Movie (2014) (U) Animated comedy. **8.35 Transformers (2007) (12)** Sci-fi action adventure. **11.05 Avengers: Infinity War (2018) (12)** Superhero sequel. **1.40pm The Incredible Hulk (2008) (12)** Comic-book adventure. **3.40 The LEGO Movie (2014) (U)** Animated comedy. **5.25 Superman Returns (2006) (12)** Comic-book adventure, starring Brandon Routh. **8.00 Transformers (2007) (12)** Sci-fi action adventure, starring Shia LaBeouf. **10.25 Avengers: Infinity War (2018) (12)** Superhero sequel, starring Robert Downey Jr. **1.00am Constantine (2005) (15)** Supernatural thriller, starring Keanu Reeves. **3.10 Justice League: The Flashpoint Paradox (2013) (15)** Animated adventure. **4.40 Mighty Morphin Power Rangers: The Movie (1995) (PG)** Sci-fi adventure, starring Paul Freeman.

TCM *Sky 315*

6.00am The Wings Of Eagles (1957) (U) Fact-based Second World War drama. **8.20 Gone With The Wind (1939) (PG)** Epic romantic drama. **12.40pm The Goonies (1985) (12)** Children's adventure. **3.00 Battle Of The Bulge (1965) (PG)** Second World War drama, starring Robert Shaw. **6.15 North By Northwest (1959) (PG)** Thriller, starring Cary Grant. **9.00 Tango & Cash (1989) (18)** Action adventure, with Sylvester Stallone and Kurt Russell. **11.10 On Deadly Ground (1994) (15)** Ecological thriller, with Steven Seaga **1.20am Boiler Room (2000) (15)** Drama, with Giovanni Ribisi. **3.30 Hollywood's Best Film Directors** Back-to-back interviews.

FILM4 *Freeview 15 - Sky 313*

11.00am Snoopy And Charlie Brown: The Peanuts Movie (2015) (U) Animated comedy. **12.45pm Shark Tale (2004) (U)** Animated comedy. **2.30 The Simpsons Movie (2007) (PG)** Animated comedy. **4.15 Fighting With My Family Interview Special 4.25 The Adventures Of Tintin: The Secret Of The Unicorn (2011) (PG)** Animated adventure. **6.30 Us Interview Special 6.35 Sahara (2005) (12)** Adventure, starring Matthew McConaughey. **8.55 Us Interview Special 9.00 The Last Stand (2013) (15)** Action thriller, starring Arnold Schwarzenegger. **11.10 Crank 2: High Voltage (2009) (18)** Action thriller sequel, starring Jason Statham. **1.05am The Big Lebowski (1998) (18)** The Coen brothers' comedy, starring Jeff Bridges, John Goodman.

ENTERTAINMENT

ITV2 *Freeview 6 - Sky 118*

6.00am Totally Bonkers Guinness World Records **6.25** The Cube: Celebrity Special **7.15** Ultimate You've Been Framed! Gold **8.05** Emmerdale **9.05** You've Been Framed! Gold **9.30** The Ellen DeGeneres Show **10.25** Film: Peter Pan (2003) (PG) Adaptation of JM Barrie's fantasy novel, starring Jeremy Sumpter, Rachel Hurd-Wood, Jason Isaacs and Lynn Redgrave. **11.25** FYI Daily **11.30** Film: Peter Pan (2003) (PG) **12.40pm** Emmerdale **1.40** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **4.40** You've Been Framed! Gold **5.10** Film: Hop (2011) (U) Part-animated comedy, starring James Marsden, with the voice of Russell Brand. **6.10** FYI Daily **6.15** Film: Hop (2011) (U) **7.15** Film: Liar Liar (1997) (12) Comedy, with Jim Carrey, Maura Tierney, Justin Cooper, Jennifer Tilly and Cary Elwes. **8.15** FYI Daily **8.20** Film: Liar Liar (1997) (12) **9.00** Film: American Pie 2 (2001) (15) Comedy sequel, starring Jason Biggs, Chris Klein, Alyson Hannigan and Eugene Levy. **10.05** FYI Daily **10.10** Film: American Pie 2 (2001) (15) **11.10** Family Guy **12.10am** American Dad! **1.05** The Cleveland Show **1.55** Totally Bonkers Guinness World Records **2.25** Teleshopping

ITV3 *Freeview 10 - Sky 119*

6.00am On The Buses **7.45** Film: Carry On At Your Convenience (1971) (PG) Comedy, starring Sid James. **9.30** Film: Carry On Cruising (1962) (U) Comedy, starring Kenneth Williams. **11.20** Film: Carry On Cowboy (1966) (U) Comedy Western, starring Jim Dale. **1.10pm** Film: Carry On Screaming (1966) (PG) Comedy horror, starring Fenella Fielding. **3.10** Film: Carry On Follow That Camel (1967) (PG) Comedy, starring Phil Silvers. **5.00** Film: Carry On Doctor (1967) (PG) Comedy, with Frankie Howerd. **7.00** Midsomer Murders **9.00** The Comedy Years **10.00** Carry On Forever **11.00** It'll Be Alright On The Night **12.05am** The Loch **1.05** Honest **2.05** Barging Round Britain With John Sergeant **2.55** Paul O'Grady's Animal Orphans **3.50** Road To Avonlea

ITV4 *Freeview 24 - Sky 120*

6.00am The Chase **6.45** The Protectors **7.15** The Avengers **8.15** Kojak **9.20** Quincy ME **10.20** Minder **11.25** Sherlock Holmes: The Last Vampyre **1.45pm** ITV Racing: Live From Lingfield **5.00** Film: Kelly's Heroes (1970) (PG) Second World War adventure. **6.00** FYI Daily **6.05** Film: Kelly's Heroes (1970) (PG) **7.55** World Of Sport: Dare Devils **8.00** Britain's Busiest Motorway **9.00** Film: Rocky Balboa (2006) (12) **10.05** FYI Daily **10.10** Film: Rocky Balboa (2006) (12) **11.10** The Contender **12.20am** River Monsters **1.25** Better Late Than Never **2.20** The Protectors **2.50** ITV4 Nightscreen **3.00** Teleshopping

5STAR *Freeview 30 - Sky 128*

6.00am Teleshopping **8.00** Will & Grace **8.25** Dance Moms **9.10** Dance Moms: Abby Tells All **10.05** Dance Moms **11.05** My Wife And Kids **Noon** Two And A Half Men **1.00** 3rd Rock From The Sun **1.55** Will & Grace **3.00** Neighbours **3.30** Home And Away **4.00** My Wife And Kids **5.00** Fresh Off The Boat **5.30** 3rd Rock From The Sun **6.00** Neighbours **6.30** Home And Away **7.00** Two And A Half Men **8.00** Can't Pay? We'll Take It Away! **9.00** Film: Die Hard With A Vengeance (1995) (15) **10.05** Access **10.10** Film: Die Hard With A Vengeance (1995) (15) **11.40** Clink **12.40am** Fresh Off The Boat **2.10** Empire **3.05** Star **3.50** Access **4.00** Teleshopping

5USA *Freeview 21 - Sky 141*

6.00am Teleshopping **9.00** Access **9.10** Catch A Contractor **9.30** CSI: NY **11.10** Law & Order **1.10pm** Film: Jesse Stone: Thin Ice (2009) (12) Detective thriller. **2.10** Access **2.15** Film: Jesse Stone: Thin Ice (2009) (12) **3.00** Murder, She Wrote **5.00** NCIS **6.00** Law & Order **8.00** NCIS **9.00** Perception **10.00** Law & Order: Special Victims Unit **11.55** Law & Order: Criminal Intent **12.55am** CSI: NY **3.50** Access **4.00** Teleshopping

SKY ONE *Sky 106*

6.00am RSPCA Animal Rescue **7.00** Animal House **8.00** Monkey Life **9.00** Night Zookeeper **9.15** SO Beano! **9.30** Play Your Pets Right **9.45** Big Cats: Wild Files **10.00** The Athena **10.30** The Simpsons **11.00** Modern Family **Noon** NCIS: Los Angeles **1.00** The Bachelor King **2.30** The Simpsons **4.00** Ratburger **5.30** Moominvalley **6.30** The Simpsons **8.30** Modern Family **9.00** Film: Step Brothers (2008) (15) Comedy.**11.15** Comedians Watching Football With Friends **11.45** A League Of Their Own **12.45am** Motorway Patrol **2.15** Hawaii Five-0 **3.10** NCIS: Los Angeles **4.05** Road Wars

E4 *Freeview 28 - Sky 135*

6.00am Hollyoaks **7.00** Rules Of Engagement **8.00** Sabrina The Teenage Witch **9.00** Baby Daddy **10.00** The Big Bang Theory **11.00** The Goldbergs **Noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory **2.00** Baby Daddy **3.00** Brooklyn Nine-Nine **4.00** The Goldbergs **5.00** The Crystal Maze **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Speechless **8.00** The Big Bang Theory **9.00** Film: The Hunger Games: Mockingjay – Part 1 (2014) (12) **11.20** Rick And Morty **11.50** Robot Chicken **12.10am** Dream Corp LLC **12.20** 8 Out Of 10 Cats **1.25** The Big Bang Theory **2.20** Tattoo Fixers: Extreme **3.15** Celebs Go Dating: The Finale **4.10** The Big Bang Theory **4.50** 2 Broke Girls

MORE4 *Freeview 14 - Sky 136*

8.55am A Place In The Sun: Home Or Away **10.55** The Great British Bake Off: The Final **12.15pm** Find It, Fix It, Flog It **1.15** Four In A Bed **3.50** Food Unwrapped **4.55** The Secret Life Of The Zoo **5.55** The Supervet **6.55** 999: On The Frontline **7.55** Grand Designs **9.00** Deutschland 86 **10.00** 24 Hours In A&E **12.05am** 999: On The Frontline **1.05** Ramsay's Kitchen Nightmares USA **3.00** 8 Out Of 10 Cats: Best Bits. Comedy quiz.

SKY WITNESS *Sky 107*

6.00am Motorway Patrol **7.00** Border Security: Australia's Front Line **8.00** Border Security: Canada's Front Line **9.00** Air Ambulance ER **3.00pm** UK Border Force **7.00** Nothing To Declare **8.00** Criminal Minds **9.00** Chicago Fire **10.00** How I Caught The Killer **11.00** Criminal Minds **Midnight** Britain's Most Evil Killers **1.00** CSI: Crime Scene Investigation **2.00** Blue Bloods **3.00** Brit Cops: Frontline Crime UK

CBS JUSTICE *Freeview 39 - Sky 148*

6.00am Teleshopping **9.00** Diagnosis Murder **11.00** Matlock **Noon** NCIS **1.00** JAG **2.00** CSI: Miami **3.00** NCIS **4.00** NCIS: Los Angeles **5.00** Matlock **6.00** Medium **8.00** Walker, Texas Ranger **9.00** NCIS **10.00** NCIS: Los Angeles **11.00** NCIS **Midnight** CSI: Miami **12.55** NCIS. Crime drama. **1.50** JAG **2.50** Bonanza **3.45** Walker, Texas Ranger **4.30** Mission: Impossible

CBS REALITY *Freeview 66 - Sky 146*

6.00am Teleshopping **7.00** Teleshopping **9.00** Judge Judy **7.00pm** Medical Detectives. Documentary series. **8.00** 48 Hours: Mystery **9.00** Cold Blood **10.00** It Takes A Killer **11.00** Wives With Knives **Midnight** Click For Murder **1.00** Cold Blood **2.00** It Takes A Killer **3.00** I Survived **3.45** Hoarders **4.30** Dog And Beth: On The Hunt **5.10** Karma's A B****. Comedy.

BBC FOUR *Freeview 9 - Sky 116*

7.00pm World News Today **7.00** Weather **7.30** Top Of The Pops: 1987 **8.00** BBC Young Dancer 2019 **9.00** Woody Guthrie: Three Chords And The Truth **10.00** Top Of The Pops 1984: Big Hits **11.00** Totally 60s Psychedelic Rock At The BBC **Midnight** Top Of The Pops: 1987 **12.30** The Story Of Funk: One Nation Under A Groove **1.30** Woody Guthrie: Three Chords And The Truth **2.30** Top Of The Pops 1984: Big Hits

COMEDY CENTRAL *Sky 112*

8.00am The Fresh Prince Of Bel-Air **9.00** Friends **1.30pm** Two Guys, A Girl And A Pizza Place **3.30** Friends **7.00** Film: Journey 2: The Mysterious Island (2012) (PG) Fantasy adventure sequel to Journey to the Centre of the Earth, starring Dwayne Johnson and Michael Caine. **9.00** Michael McIntyre's Showtime **10.00** The Comedy Bus **10.30** Bob's Burgers **11.00** Corporate **11.25** Idiot TV **12.30am** Your Face Or Mine **1.00** South Park. Animated comedy. **3.00** The Mick **4.10** The Fresh Prince Of Bel-Air. Comedy.

FOX *Sky 124*

8.00am Monk **9.00** Bones **10.00** Monk **11.00** NCIS **Noon** Bones **2.00** The Mentalist **3.00** NCIS **4.00** Monk **5.00** Bones **6.00** The Mentalist **7.00** NCIS **10.00** Bull **11.00** American Dad! Animated comedy. **Midnight** Family Guy **1.00** American Dad! **2.00** Family Guy **4.00** Monk **5.00** Teleshopping

DISCOVERY *Sky 125*

6.00am Mighty Ships **7.00** Wheeler Dealers. With Mike Brewer and Edd China. **6.00pm** Fast N' Loud Revved Up **7.00** Outback Truckers **8.00** Alaska: The Last Frontier **9.00** Heavy Rescue **10.00** Mighty Planes **11.00** Wheeler Dealers **Midnight** Heavy Rescue **1.00** Outback Truckers **2.00** Mighty Planes **3.00** Heavy Rescue **3.50** Wheeler Dealers **4.40** Gold Rush **5.30** How It's Made

HISTORY *Sky 130*

6.00am River Hunters **9.00** Mega Mechanics **10.00** The God Code **Noon** Pawn Stars **2.00** American Pickers **8.00** Mega Mechanics **9.00** Escobar Exposed **10.00** Hooked: Illegal Drugs **11.00** Ronnie O'Sullivan's American Hustle **Midnight** River Hunters **1.00** American Pickers

HOME *Freeview 25 - Sky 158*

7.00am Honey I Bought The House **3.00pm** The Great Interior Design Challenge **1.50am** Celebrity Fantasy Homes **3.30** Britain's Ugliest Rooms **4.00** Teleshopping

NATIONAL GEOGRAPHIC *Sky 129*

8.00am The Golden Pharaoh **9.00** The Last Pharaoh **10.00** Fiennes: Return To The Nile **1.00pm** Egypt: Secrets Of The Dead **2.00** Egypt: Secret Chambers Revealed **3.00** Head Of John The Baptist **4.00** Templars: The Last Stand **5.00** Lost Tomb Of Genghis Khan **6.00** The Lost Tomb Of Alexander The Great **7.00** Uncovering Herod's Lost Tomb **8.00** Killing Jesus **11.00** Secrets Of Christ's Tomb **Midnight** Lost Gold Of The Dark Ages: Treasure Hoard **1.00** Black Pharaohs: Empire Of Gold **2.00** King Tut's Treasure Secrets **4.00** Secrets Of Tutankhamun's Treasures

GOOD FOOD *Sky 133*

6.10am Junior Bake Off **7.00** River Cottage Spring **11.00** Escape To River Cottage **3.00pm** Victoria Wood's Nice Cup Of Tea **4.00** River Cottage Spring **8.00** Victoria Wood's Nice Cup Of Tea **9.00** Escape To River Cottage **1.00am** Gok Cooks Chinese **2.00** Teleshopping **5.00** Gok Cooks Chinese

UNIVERSAL TV *Sky 113*

6.00am Teleshopping **8.00** Murder She Solved: True Crime **1.00pm** Law & Order **3.00** Private Eyes **6.00** Film: My Girl (1991) (PG) **8.00** NCIS **9.00** The Murders **10.00** Coroner **Midnight** Law & Order: Special Victims Unit **4.00** Sea Patrol **5.00** Teleshopping

SPORT

SKY SPORTS MAIN EVENT *Sky 401*

7.00am Good Morning Sports Fans **8.30** Live Super Rugby. Chiefs v Lions. **10.35** My Icon: Martin Offiah **10.45** My Icon: Maggie Alphonsi **10.50** My Icon: Leon Pryce **11.00** Sky Sports News **Noon** Live EFL. Sheffield United v Nottingham Forest. **2.45** Live Betfred Super League. Wigan Warriors v St Helens. **5.00** Live EFL. Sunderland v Doncaster Rovers (Kick-off 5.15pm). **7.30** Live EFL. Norwich City v Sheffield Wednesday (Kick-off 7.45pm). **10.15** The Debate **11.15** Sky Sports News

SKY SPORTS PREMIER LEAGUE *Sky 402*

7.00am Premier League Legends **8.00** Best PL Goals **9.00** The Debate **10.00** Premier League Years **Noon** The Debate **1.00** Premier League Years **3.00** PL Best Goals 98/99 **4.00** PL Greatest Games **5.00** Premier League 100 Club **6.00** PL Today **6.30** Premier League Match Pack **7.00** Premier League Preview **7.30** Premier League 100 Club **8.00** PL Today **8.30** Premier League Match Pack **9.00** Premier League Preview **9.30** Best PL Goals **10.00** PL Greatest Games **10.15** The Debate **11.15** PL Today **11.45** PL Greatest Games **Midnight** The Debate

SKY SPORTS CRICKET *Sky 404*

7.00am Masterclass: Adam Gilchrist **7.30** Masterclass: Brendon McCullum **8.00** Ashes Greats **9.00** Cricket's Greatest Games **10.00** Masterclass: Adam Gilchrist **10.30** Masterclass: Brendon McCullum **11.00** Ashes Greats **Noon** Cricket Masterclass **12.30** Eoin Morgan: No Boundaries **12.55** Live Royal London One-Day Cup Cricket. Sussex v Surrey. **9.00** World Cup Cricket Classics **10.00** Cricket Masterclass **10.30** Eoin Morgan: No Boundaries **10.55** Atherton's History Of Old Trafford **11.00** World Cup Cricket Classics **Midnight** Masterclass: Adam Gilchrist

SKY SPORTS ACTION *Sky 407*

7.00am Eddie Hemmings: The Voice Of Rugby League **7.45** Super League Gold **8.00** World Rugby Show **8.30** Live Super Rugby. Chiefs v Lions **10.35** Rugby Greatest Games **10.55** Live Super Rugby. Sunwolves v Hurricanes. **12.45pm** Darts Gold **1.00** Sporting Records **1.30** World Rugby Show **2.00** Live Super Rugby. Sharks v Reds. **3.55** Rugby Greatest Games **4.00** NBA: The Starters **4.30** Sporting Records **5.00** Eddie Hemmings: The Voice Of Rugby League **5.45** Super League Gold **6.00** Inside The NBA **7.00** NBC's ProFootballTalk **9.00** NFL: America's Game **10.00** NBA GameTime **Midnight** NFL: America's Game

BT SPORT 1 *Sky 413*

7.15am Tottenham V Arsenal 2004/05 **7.45** Liverpool V Arsenal 2008/09 **8.15** Chelsea V Arsenal 2000/01 **8.45** Chelsea V Everton 2009/10 **9.15** Classic Premier League **9.45** Arsenal V Tottenham 2010/11 **10.15** Premier League World **10.45** Live: Adelaide V Melbourne Victory. Adelaide United v Melbourne Victory. **1.00pm** Premier League Match Pack **1.30** Ligue 1 Show **2.00** Bundesliga: Behind The Team **2.30** What I Wore: Gary Lineker **2.45** Live: Leyton Orient V Harrogate T. Leyton Orient v Harrogate Town. **5.15** UEFA Champions League Magazine **5.45** MotoGP Rewind **6.00** Premier League Match Pack **6.30** Premier League Preview **7.00** Ligue 1 Show **7.30** Live: Lyon V Angers. Lyon v Angers. **9.45** No Filter Boxing: Crawford V Khan **10.15** Premier League Preview **10.45** Premier League World **11.15** UEFA Champions League Magazine **11.45** MotoGP Rewind **Midnight** The Race Of Their Lives

EUROSPORT 1 *Sky 410*

7.30am Cycling: Brabantse Pijl **8.30** British Supersport **9.00** Bennetts British Superbikes **10.00** Cycling: Tour Of Turkey **11.00** Live Cycling: Tour Of Turkey. Stage four. **1.00pm** Snooker: China Open **3.00** Masters Snooker **5.00** Snooker: World Championship **7.00** Cycling: Tour Of Turkey **8.30** Cycling: Amstel Gold Race **9.30** Cycling: Paris-Roubaix **10.30** Cycling: Tour Of Turkey **11.30** Cycling: Amstel Gold Race **12.30am** Cycling: Get To Know **12.40** Eurosport News

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By Deborah Stone

MAKING ROOM: Mars, far right, wanted a house big enough to be a home to all of the family

Heart of family living

MULTI-GENERATION living is on the rise in Britain but it's not always a case of happy families, according to a new report, especially when parents have to make room for "boomerang children" returning home because they can't afford their own property.

And the rise in "sandwich families" – parents looking after older relatives as well as their young children – and "beanpole families" – households with several members of different generations living together – has led to calls for builders to take a different approach when it comes to new housing.

A study by eBay.co.uk has found that 74 per cent of people want more flexible house designs rather than the traditional "two up, two down" to keep up with modern life, which can include "blended households" of two unrelated families living together because of parents' new relationships.

"Over the past decade multi-family households have been the fastest growing household type, although this still only represents a small proportion of all households," says Professor Jane Falkingham, Dean of the Faculty of Social Sciences at Southampton University.

Commenting on the research, she adds: "In mid-life, more people are finding themselves sandwiched between continuing to provide support for their adult children – and caring for their grandchildren – whilst also caring for their frail older parents.

"And in later life, although many younger elders are fit and healthy, increases in life expectancy mean that more of us are surviving into our 80s and 90s, with the result that some of us will need to either adapt our homes to remain living independently, or will need to move in with relatives or friends."

Among these multigenerational families is Mars Webb, 50, who decided to move from London to Belfast with her husband and three children so they could afford a home big enough to look after her 80-year-old mother, who has dementia, and her father.

"As a family, we looked at buying a property together in London but the move would've been too expensive due to London house prices," she says. "So we looked to Belfast, where my mother is originally from, to find a more affordable property that we could redesign so my parents could live in comfort."

They had to build an extension for Mars' parents to live in and make the main house suitable for wheelchair use, with hoists for her mother, a wet room and new kitchen: "We've spent a considerable amount of money but we are all happy and wouldn't have it any other way," says Mars.

The eBay.co.uk report reveals that 59 per cent of Brits feel that British housing is difficult to adjust to changing living situations and 74 per cent think developers should take this into consideration when designing new housing.

At the moment those affected are using room dividers and partitions to create private spaces and storage such as under-bed or above-wardrobe solutions. In more extreme cases people are forced to build extensions or move.

But according to estate agents Yopa, 60 per cent of Brits are put off moving because of the stress and 40 per cent are left feeling depressed and ill by the process. Nearly two thirds of those surveyed in the study for Yopa's Smooth Move campaign also say they have lost sleep over moving home.

The campaign aims to make moving a better experience for people using its online platform YopaHub (yopa.co.uk), which offers the use of its partner concierge service Just Move In.

"Britons know that moving will make them happier in the end, but there are so many perceived barriers that put people off," says Yopa CEO Ben Poynter. "We want to help home movers feel empowered rather than lose sleep over the thought of moving."

GET TOGETHER: Mars' finished kitchen is big enough to seat all generations of the family

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RUPERT AND THE APRIL FOOL No 12

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"There is a front door, after all – It's just been painted like the wall!"

As Willie shakes himself dry, the two pals hear the creak of a door swinging open. "It was here all the time!" gasps Rupert. "But somebody's painted it to look like part of the wall!" Venturing inside, the pair find themselves in a hallway full of tall mirrors… "Look at my reflection!" laughs Willie. "It's just like a funfair!" Rupert peers into the glass and sees that his reflection looks funny, too. "Everything in this house seems to be a joke," he murmurs.

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Inside the house, strange mirrors shrink And stretch – "How odd!" they think.

LATIN AMERICAN JUST LANDED IN BRITAIN

Easter macaroons

These coconut macaroons are great fun to make at Easter and give the children something to do when off school for the holidays. Makes 12.

INGREDIENTS

3 large egg whites

100g of white sugar

120ml of golden syrup

1 teaspoon of vanilla extract

70g plain flour

350g sweetened coconut flakes

36 small mini chocolate Easter eggs

METHOD

1) Preheat oven to 160C/140C fan assisted, gas mark 3.
2) In a stainless steel bowl (or glass bowl) over a saucepan of simmering water, whisk the egg whites and sugar.
3) When the mixture is warm to the touch, remove from heat and stir in the syrup, vanilla, flour and coconut flakes.
4) Cover and refrigerate for about an hour or until the dough is firm.
5) Cover a baking sheet with parchment paper. Place small mounds (about 1 tablespoon) of the dough on to the sheet 5cm apart.
6) Bake for 15-20 minutes or until golden brown.
7) Remove from the oven. Put 3 Easter Eggs on each one, pressing lightly and allow to cool on the baking sheet for about 10 minutes.
8) Remove to wire racks to cool completely.

ALAN'S TIP OF THE DAY: Feed rhododendrons and camellias, especially those growing in pots or tubs. Use a special liquid feed containing sequestered iron, to top up their reserves of this much-needed element. As the flowers go over, carefully remove the dead heads.

Russell Grant

Britain's celebrity astrologer

Aries Mar 21 - Apr 20

A power struggle over money is causing tension. Take this chance to check your finances are in order. If you're in the mood to pamper yourself but you're strapped for cash, soak in a scented bath or switch off your mobile and enjoy a nap.

0905 789 3701**

Taurus Apr 21 - May 21

You feel certain about joint plans and willing to commit to long-term arrangements. What ever it is you are ready to take action. Your sensitivity is coming to the surface. If looking for work, explore jobs allowing you to nurture others.

0905 789 3702**

Gemini May 22 - June 21

A change of scene will provide a welcome distraction. A group outing would be lots of fun. You might also use this as an excuse to get out of regular commitments with friends. Are you in a relationship? Plan a holiday together.

0905 789 3703**

Libra Sep 24 - Oct 23

After multiple misunderstandings, issues that have caused problems will be resolved. You've realise where you have been going wrong. Discord makes you feel uneasy and a big improvement in relationships will revive you.

0905 789 3707**

Scorpio Oct 24 - Nov 22

Carving out a path of your own is important. Not everyone will approve of your choices and you need to remind them that it is up to you what you do with your life. It isn't easy to ignore what others think but it is important you pursue your desires.

0905 789 3708**

Sagittarius Nov 23 - Dec 21

The Universe is a generous place and there is plenty scope for you to prosper. Rewards await you on the job scene if you are willing to take on more responsibility. Joining forces with a friend will help you turn an idea into a great one.

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Cancer June 22 - July 23

Someone is making friendly overtures but you sense their motives aren't pure. You haven't yet worked out why, but you don't trust them. Sometimes the way to see your life clearly is to spend time alone to get a fresh perspective.

0905 789 3704**

Leo July 24 - Aug 23

Travel plans you are making with the family give you something to look forward to. You wouldn't be happy travelling on impulse as anticipating the time you will have is a big part of the journey. Start saving for this to enjoy it to the fullest.

0905 789 3705**

Virgo Aug 24 - Sep 23

You're on the brink of a new chapter. You are ready for this change but your partner or friend isn't happy. It's disappointing that you can't celebrate good news with the people who matter but you sense their annoyance and disapproval.

0905 789 3706**

Capricorn Dec 22 - Jan 20

Someone close feels your cautious nature is holding them back. Structure is comforting and you prefer to take things one step at a time. A partner wants to be spontaneous. Say yes to something you would normally turn down.

0905 789 3710**

Aquarius Jan 21 - Feb 19

Exploring a hobby, country or interest that has always fascinated you can put you on a new path. Journeys that begin now will bring you enhanced happiness and new experiences. An event will be more enjoyable than anticipated.

0905 789 3711**

Pisces Feb 20 - Mar 20

You're starting to see rewards for your past work. Your superiors are showing respect. After all the effort you've put into this area, you shouldn't expect anything different. Are you looking for work? Donate time to a charity while searching for a job.

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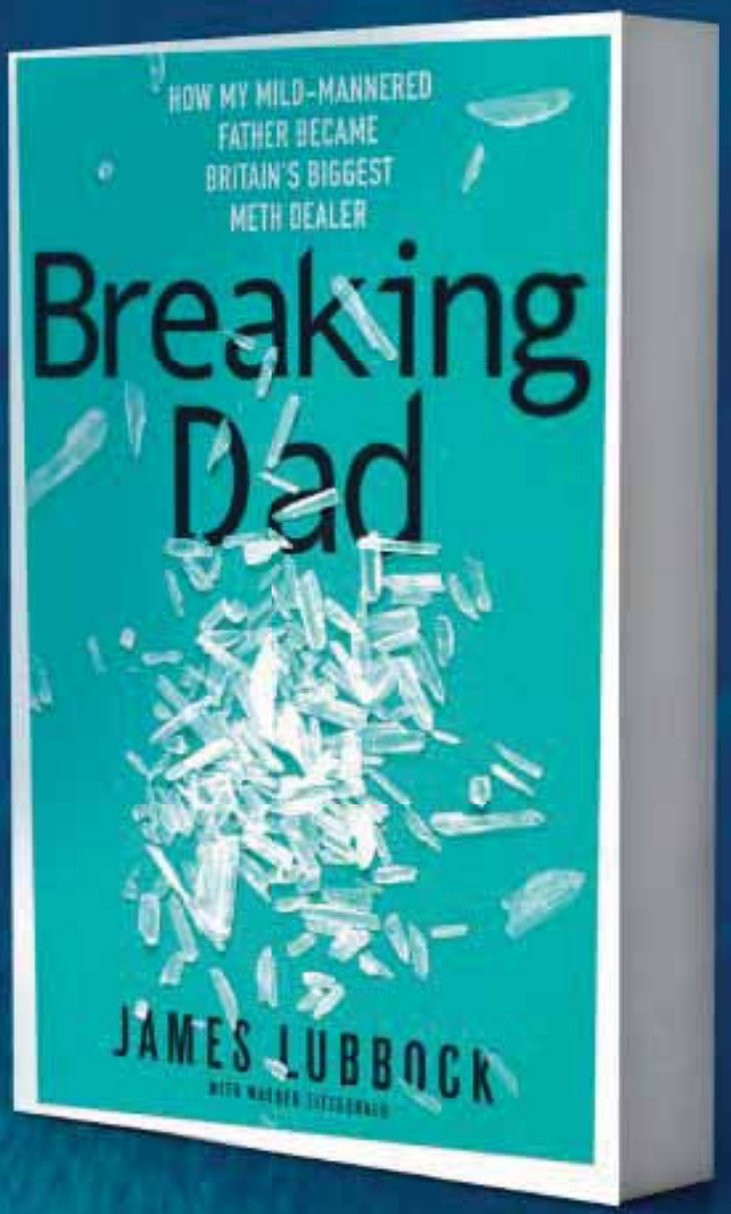

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AT A GLANCE

STOCK MARKET			
FTSE 100	7459.9	▼	-11.4
FTSE 250	19835.9	▼	-22.2
FTSE ALL SHARE	4084.7	▼	-5.8
Shares Traded	4483.6 million		

POPULAR SHARES ON THE RISE		
Barclays	169½	+½
HSBC Holdings	666½	+1¼
Rolls-Royce Holdings	907¾	+¾
Sainsbury (J)	227¾	+1
Standard Life Aberdeen	280¼	+3¼
Unilever	4503½	+125½
Whitbread	4842	+6

POPULAR SHARES ON THE SLIDE		
AstraZeneca	5815	-99
Aviva	431½	-3½
BAE Systems	492	-19¼
BP	567¾	-4¼
BT Group	229¾	-¾
Centrica	105¾	-1
GlaxoSmithKline	1524½	-16½
Int Consolidated Airlines	557¼	-4¾
Lloyds Banking Group	66	-¾
Marks & Spencer Group	282¼	-1¼
National Grid	818¾	-1
Royal Bank of Scotland	262½	-1
Royal Dutch Shell 'B'	2484	-17½
Royal Mail	259	-1¾
Saga	57¾	-1¼
Tesco	250	-¼
Vodafone Group	142½	-1¼

WORLD MARKETS			
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HONG KONG	29963.3	▼	-161.4
GERMANY	12222.4	▲	+69.3
FRANCE	5580.4	▲	+17.3

STERLING VALUE			
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Yen	145.475	▼	-0.620
Euro	1.157	▲	+0.003

DOLLAR VALUE			
Dollar/Yen	111.951	▼	-0.0634
Dollar/Euro	0.890	▲	+0.0053

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Kenya	122.55 shilling
Mexico	23.61 peso
New Zealand	1.81 dollar
Norway	10.64 krone
Poland	4.57 zloty
Saudi Arabia	4.73 riyal
South Africa	17.60 rand
Sweden	11.60 krona
Switzerland	1.28 franc
Thailand	39.09 baht
Turkey	7.07 lira
United States	1.27 dollar

Debenhams on hunt for a chief

By **David Shand**

DEBENHAMS is searching for a chief executive after Sergio Bucher stepped down days after its lenders seized control of the department store.

The 55-year-old was forced off the board in December after a rebellion at its annual meeting led by Sports Direct's Mike Ashley who was battling for control of the business.

Last week a pre-pack administration wiped out shareholders and the new owners including Barclays and hedge fund Silver Point want fresh blood to lead a turnaround.

Debenhams could announce a company voluntary arrangement next week, where up to 50 stores could close with rents on others reduced with the agreement of creditors.

Despite a revamp to make the chain a destination for "social shopping" Bucher was unable to arrest its slide against online competition and several profit warnings followed.

The company did not comment on a pay-off. Non-executive chairman Terry Duddy will become interim executive chairman. Bucher said: "Now that our new financing facilities are in place, it is time to move on, knowing the company is in good hands with a plan that will deliver a sustainable future.

"I would like to wholeheartedly thank all of my colleagues for their efforts and dedication during such a turbulent time, as well as our suppliers, partners and of course customers for their continued support."

Debenhams said it now has committed funding, a supportive new investor group and a business plan that is expected to deliver a recovery in profit and reduce its debt.

Duddy said: "Debenhams now has a clear path towards a viable and sustainable future and we have Sergio and his team to thank for that. With a positive, professional approach, he has acted at all times in the company's best interests, we wish him all the best."

WYEVALE BLOOMS ON VEGAN SEED SALES

GROWING DEMAND: Vegetables and herbs new root of success

ITS UK presence may be shrinking after disposals, but sales are blooming at Wyevale Garden Centres, helped by a growing trend for grow your own fruit and vegetables.

The group, put up for sale last year by private equity owner Terra Firma, grew first-quarter sales 26 per cent on last year and "significantly" improved profit performance.

Vegetable and herb seed sales soared 144 per cent, with tomatoes its best-selling seeds, on the back of increasing consumer interest in healthy, sustainable living and plant-based meals.

Rockery and herbaceous plant sales were also strong.

Wyevale trades from 60 garden centres and a further four centres trading under licence, having recently sold 31 to Dobbies.

MG Rover creditors get £5.2m

MG ROVER creditors, including 1,200 former staff, will share a £5.2million payout secured by the liquidator PwC.

The Midlands car maker went into administration in 2005, with the loss of 6,000 jobs. The latest dividend of 4.74p in the pound is being returned to 1,700 unsecured creditors of MG Rover's Powertrain, which made engines and gearboxes, bringing the total return to date to 39.74p.

PwC, which in December distributed £50.9million from the firm's interests in Germany to 5,600 unsecured creditors, continues to pursue further claims.

Switchers boost Moneysupermarket

CUSTOMERS switching energy suppliers after price cap changes boosted quarterly revenue at Moneysupermarket.

The price comparison site, with He-Man and Skeletor in its advert, said the rush to beat rising prices helped boost home services sales 70 per cent to £19.6million.

Insurance and money grew 3 per cent and 9 per cent respectively as overall revenue rose 19 per cent to £104.9million.

CEO Mark Lewis said: "The reinvent strategy helped a record number of customers beat the rising energy price cap."

He expects the performance to moderate, but the firm is on track to hit annual targets. Shares gained 15p to 363¼p.

BEYOND COMPARE: Energy sales

Backing for North Sea oil

NORTH Sea oil production was given a vote of confidence as private equity-backed Chrysaor Holdings bought ConocoPhillips' UK oil and gas business for $2.67billion (£2billion).

The assets produced 72,000 barrels a day in 2018. Two years ago it acquired assets from Shell in a £3billion deal producing 115,000 barrels of oil daily.

Oil & Gas UK chief Deirdre Michie said: "The North Sea continues to be an attractive investment opportunity with an exciting and long-term future."

++ THE FTSE 100 THE FTSE 100 THE FTSE 100 ++

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
3i Group	1080	+1½	1081½	756¼
A.B. Foods	2512	+10	2836	2041
Admiral Group	2233	-8	2281	1870
Anglo American	2169½#	+8	2226	1464½
Antofagasta	1009	-9	1149	727¼
Ashtead Group	2170	+27	2438	1586½
AstraZeneca	5815	-99	6525	4955½
Aviva	431½#	-3½	552	364½
BAE Systems	492#	-19¼	676½	445½
Barclays	169½	+½	216¼	146
Barratt Development	615¼#	+1¾	625¾	434
Berkeley Grp Hldgs	3850	+11	4321	3226
BHP Billiton	1869½	+8½	1944¼	1490½
BP	567¾	-4¼	598¼	485¾
British Amer.Tob	3057#	-43	4222½	2375
British Land	595½#	-2	697	523
BT Group	229¾	-¾	264¾	203
Bunzl	2352	+38	2551	2070
Burberry Group	2014	+35	2325	1623½
Carnival	4036	-63	5000	3659
Centrica	105¾	-1	163¾	105
Coca-Cola HBC	2705	+16	2801	2244
Compass Group	1719	+3½	1825	1471½
CRH	2620#	+58	2857	1971½
Croda International	5080#	+56	5318	4438
DCC	6894	+4	7565	5555
Diageo	3126	+14	3143½	2451½
Direct Line Insurance	340¼#	-1½	376¾	305
DS Smith	356¼#	+1¼	539	292¼
EasyJet	1219	+6½	1796	1009
Evraz	667	-2	674	402½
Experian Group	2200	+40	2206	1570½
Ferguson	5400#	-2	6556	4749
Fresnillo	778½	+13½	1340	746½
GlaxoSmithKline	1524½	-16½	1621½	1407½
Glencore	338¼	-2	400½	269
Halma	1738½	-½	1778	1200
Hargreaves Lansdown	2180	-3	2270	1633
Hikma	1657½#	-46½	2025	1184½
Hiscox	1649	-5	1711	1418
HSBC Holdings	666½	+1¼	745¾	600¾
Imperial Brands	2491	-19½	2987½	2310
Informa	798	+3¼	859	605¾
InterContinental Htl	4933#	+22	4979¼	3958½
Intertek Group	5330	+56	6014	4387
Intl Consolidated Airlines	557¼	-4¾	726½	504
ITV	140¼#	+2½	180½	122¾
Johnson Matthey	3436	-18	3823	2620
Kingfisher	261½	-½	318	205½
Land Securities	911	-4½	989½	791¾
Legal & General	291¼	+1	292	223¾
Lloyds Banking Grp	66#	-¾	67½	50
London Stock Ex	4964	+19	4984	3867
Marks & Spencer	282¼	-1¼	314½	242½
Melrose	196½#	+3	247	146¼
Micro Focus	1904	+5	2067	1184
Mondi	1727#	+10	2236	1584
Morrison (Wm)	221½	-¾	269½	211¾
National Grid	818¾	-1	889¼	748¾
Next	5774	+16	6202	3991
Ocado	1399	-1	1435	504½
Paddy Power Betfair	6648#	+2	9110	5525
Pearson	843½#	+4¾	1027½	774½
Persimmon	2344	-5	2880	1859½
Phoenix Group	714½#	-6¼	724¾	544
Prudential	1780#	+3½	1954½	1340
Reckitt Benckiser	5812#	-56	7155	5443
Reed Elsevier	1701	+8½	1769½	1491½
Rentokil Initial	375#	+6¾	376	273
Rightmove	543½	+3¼	549	421
Rio Tinto	4600#	+53	4771½	3486
Rolls-Royce Group	907¾	+¾	1094	759¼
Royal Bank Of Scot	262½#	-1	296	203
RSA Insurance Grp	545½#	-1¼	681¾	496½
Ryl Dutch Shell 'A'	2466½	-15	2748½	2213
Ryl Dutch Shell 'B'	2484	-17½	2841	2227
Sage Group	709	+1	716¾	525½
Sainsbury (J)	227¾	+1	341½	223¾
Schroders	3196#	+12	3488	2334
Scottish Mortgage	528½	-2	568¼	441¼
SEGRO	670#	-1¾	686¾	585¼
Severn Trent	1959	+8½	2091	1770
Smith & Nephew	1444½#	-28	1545	1258
Smiths Group	1545#	+½	1801	1279½
Spirax-Sarco	8030	-5	8070	5645
SSE	1124	-3	1440½	1032½
St James's Place	1113½#	-8	1240½	914
Standard Chartered	672#	-¾	770¼	519¾
Standard Life	280¼#	+3¼	435¼	224¾
Taylor Wimpey	190#	+1½	205	129¼
Tesco	250	-¼	266¼	189½
TUI AG	847½	-5¼	1810½	713¼
Unilever	4503½	+125½	4550¾	3861
United Utilities	820½	+3¾	873½	682½
Vodafone Group	142½	-1¼	214	131¼
Whitbread	4842	+6	5114	3883
WPP Group	934	+11¾	1360½	800½

MARKET REPORT

UNILEVER gained 125½p to 4503½p as the Marmite and Persil group grew underlying first-quarter sales by 3.1 per cent after strong performance in emerging markets.

Pest control firm **Rentokil Initial** was chased 6¾p higher to 375p after growing quarterly ongoing revenue by 8.9 per cent to £603.6million.

Intu Properties firmed 3¾p to 101¾p as it struck a joint venture deal under which Kuwait-backed investment firm Cale Street will buy a 50 per cent stake in its Derby shopping centre for £186.3million.

Peer-to-peer lender **Funding Circle** jumped 15½p to 326p after a 44 per cent rise in loans under management to £3.4billion, while revenue grew 40 per cent.

Reassuring trading updates boosted cybersecurity provider **Avast** 16¼p to 300½p and engineering and industrial software firm **Aveva Group** 98p to 3342p.

+ BG + Barclays + BT + Centrica + Dixons Carphone + First Group + HSBC + Kingfisher + Marks & Spencer + Next + Prudential + Rolls-Royce + Sainsburys + Tesco + Unilever + Vodafone + Whitbread + WPP

SHARES AT A GLANCE

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
Aerospace & Defence				
Avon Rubber	1400	+8	1475	1180
Babcock International	520½	-8	862½	472¾
BAE Systems	492#	-19¼	676½	445½
Chemring Group	150½#	+½	236	137½
Cobham	114¼		131¾	96¾
Meggitt	518¾#		572	449¼
QinetiQ Group	290½	+2½	311½	219
Rolls-Royce Group	907¾	+¾	1094	759¼
Senior	226	-2½	334½	185½
Ultra Electronics	1525#	-24	1743	1232
Alternative Energy				
Porvair	546	+4	562	403
Banks				
Barclays	169½	+½	216¼	146
Bco Santander	402	+2¾	485¾	344
Close Brothers	1587#	+2	1660	1406
CYBG	217½	+2¼	364¼	174
HSBC Holdings	666½	+1¼	745¾	600¾
Lloyds Banking Grp	66#	-¾	67½	50
Metro Bank	817	-30	3518	758
Royal Bank Of Scot	262½#	-1	296	203
Standard Chartered	672#	-¾	770¼	519¾
Beverages				
Barr (AG)	815	-13	831	665
Britvic	918	+2	956	702
Coca-Cola HBC	2705	+16	2801	2244
Diageo	3126	+14	3143½	2451½
Chemicals				
Carclo	19¾	-2¼	121	19½
Croda International	5080#	+56	5318	4438
Elementis	178¼	-1	279	151½
Johnson Matthey	3436	-18	3823	2620
Synthomer	411		575½	347½
Treatt	418	+4½	508	388
Victrex	2500	-22	3408	2156
Construction & Materials				
Alumasc Group	92	+2	144½	90
Balfour Beatty	260¼	-5¼	311	230½
Boot (Henry)	275	+½	305	230
Clarke T.	128	-2½	130½	78¾
Costain Group	343#	-4	487	302
CRH	2620#	+58	2857	1971½
Galliford Try	531	-22½	1104	527
Gleeson (MJ)	820	-2	856	610
Keller Group	690	-23	1120	467
Kier Group	357½#	+5¼	1073	333½
Kingspan Grp	3942¼#	+36¼	3975	3020¾
Marshalls	630½	+½	642½	399¾
Morgan Sindall	1318	+28	1540	1022
Smart (J) & Co.	112½		113½	106
Tyman	253½#	-9½	358	222½
Electricity				
Drax Group	350½#	-17	427¼	294½
SSE	1124	-3	1440½	1032½
Electronic & Electrical Equipment				
Acal	431	+6	455	325
Dialight	460	+7	568	290
Halma	1738½	-½	1778	1200
Morgan Crucible	273	+1½	363	237
Oxford Instruments	1094	+10	1096	842
Renishaw	4618	-20	5685	3670
Spectris	2778	+44	2908	1966½
TT Electronics	250	+2	281	178
Xaar	101	+5	375	85½
XP Power	2520#		3710	1965
Equity Investment Instruments				
Aberdeen All Asia	532½		627½	512½
Aberdeen Asian Sml	1070	-2½	1080	924
Aberforth Smll.Co.	1266	-2	1442	1120
Acorn Income	377	+1	478	331
Advance Devlpg Fund	585	+2	613	500
Albion Tech.& Gen. VCT	73½		74	67¼
Albion VCT	73¾		74½	66½
Alliance Trust	773		785	672
Artemis Alpha	289	+½	356	258
Aurora Inv.Tst.	212		222	182½
Baillie Gifford Japan	782	-3	869	663
Baillie Gifford Shin Nip	178½	-2	207	158
Bankers Inv.Tst	905	+4	908	766
Baronsmead VCT.2	75½		88½	72
BH Global GBP	1465		1540	1370
BH Global USD	1131½		1193	1039
BH Macro GBP	2370	+20	2475	1944
Biotech Growth Trust	686	-18	849	600
BlackRock Mining	376½#	-1	417½	317½
Blue Planet Intl Tst	39		48	37
BlueCrest AllBlue	214½	+½	227½	205
Bluehone AiM VCT2	34		34½	31
British Assets Tst	114¾	-¼	125¼	112
British Empire Tst	737		767	660
Brunner Inv.Tst	791	+1	814	681
Caledonia Inv.	3030	+15	3039¾	2650
City Natural Res.Yld.	92¾		123	86
City Of London	426½	+½	442½	376
Dunedin Ent.IT.	354	-1	400	326
Dunedin Income	271		272½	229
Edin Wwide Inv	187½	-¼	204	143½
Edin.Drgn.Tst.	403	-1	405	324
Edin.Inv.Tst.	645		712	588
Edin.US Tracker	1475	+10	1476½	1205
Elderstreet VCT	55½		56	52½
Electra Private Eq.	353½	+½	954	325
European Ass Tst.	105¼	-¼	124¾	91¾
F&C Cap&Inc	324	-2	350	276½
F&C Smaller Cos	1316	-6	1495	1220
F&C US Smaller Companies	1040		1112½	855
Fidelity Asian	440	-5	445	356
Fidelity European	231½#		239	202
Fidelity Japanese	144		167	125
Fidelity Special	266½	+1½	280	220
Finsbury Gwth&In.	863#	+6	864	740
For.&Col.Inv.Tst	692#	-3	741	616
Foresight Tech.VCT	65½#		72	64½
Gartmore Euro.	1192½	-7½	1317½	1060
Genesis E.M.F.	734		742	615
Graphite Ent	865	+7	888	792
Hansa Tst 'A'	985#	-10	1075	965
Hansa Tst Plc	1015#	-10	1140	950
Henderson Euro.Tst.	1092½#		1170	974
Henderson Far Est	368	-2	380	330
Henderson High Inc	174¼#		188½	157
Henderson Opp Tst	970		1135	884
Herald Inv.Tst.	1308	+6	1370	1055
HGCapital Tst.	2140#	+10	2160	1750
HSBC Infrastructure	166	+1¾	170	138¼
Impax Env.Mkt	304	+2	304	245
Int.Biotech.Tst.	612	-12	698	540
International Public	160#	+¼	162¼	141½
Invesco Asia	296½	-½	297	243
Invesco Inc Gth Tst	272	-1½	293	242
Invesco Lev.	72#		80¼	68½
Invesco Perp UK	511		536	431
JPM American	446#	+3½	472	381½
JPM Asian	374½#	-3½	378¾	300
JPM Claverhouse	714		784	648
JPM Elect Man Gwth	827½		862½	727½
JPM Emerg Mkt	961#	+1	964	759
JPM Euro Sml Co	361		428	323
JPM Global Emerging	136#		137¾	113
JPM Indian	727	-3	734	566
JPM Japanese	409½	+½	472	367
JPM Mid Cap	1090	+2½	1295	964
JPM Overseas IT	322½	-1½	335	279½
JPM Smaller Co	219	+1	254	183½
JPM US Sml Co.	306#	-2	345	263
Jupiter Euro	755	-4	895	666
Jupiter Primdna	301	-1	352	257
JZ Capital Partners	475		494	429
Keystone Inv.Tst.	1610		1797½	1460
Law Debenture	598#	+6	636	534
Lowland Invest Co	1392½#		1575	1280
Majedie Inv.	268		297	246
Manchester&Lon.	503#	-1	542	407½
Martin Currie Pac.	386½	+½	412	328
Martin Currie Prtflo Tst.	272½#	+1½	274½	228½
Matrix Inc & Gwth 4	76		77½	73½
Maven Income And Growth VCT	45½		49	43
Mercantile Inv Tst	206#	-½	226	168
Merchants Tst.	494#	-6	539	437
Mid Wynd Int.	532	-3	545	459
Midas Inc&Gwth Tst.	177½		177½	159¼
Monks Inv.Tst.	875	-4	882	710
Montanaro Euro Tst	952	+7	975	785
Montanaro Uk	114¾	+¾	122½	103
Murray Inc.Tst.	820	-4	826	700
Murray Int.Tst	1174#	-2	1208	1056
New India	484	+2½	496	380
New Star Inv.Tst.	107		115	105
North Atl.Smlr.Tst	2950	+20	3065	2620
Northern 2 VCT	59	-½	63½	57
Northern Venture	65	-½	68	62½
Oxford Tech 2 VCT	35		46½	35
Oxford Tech VCT	35		40	35
Pacific Assets	292½	-5½	298	241
Pacific Horizon	347		393	264
Pantheon Int.	2125	+5	2200	1890
Perpetual In.&Gwth	333½	+1	375	301½
Polar Cap.Tech	1332	-4	1386	1066
RCM Technology Trust	1582	-18	1630	1130
RIT Capital Partners	2085#	-5	2130	1892
Ruffer Investment	212	+1	238	204
Schroder Asia	459	-2½	481	379
Schroder Inc.	294#	+1	310	251
Schroder Japan	184	-1¾	225	178½
Schroder UK	187¾	+¾	200	158
Schroder UK M&S	540	+2	583	443½
Scottish American	393	+1	393	348
Scottish Inv.Tst	809#	+2	902	748
Scottish Mortgage	528½	-2	568¼	441¼
Shires Inc.	268#	-1	284	228½
Shires Smlr.Co	276½#	+1	299	221½
Small Comp Div.Tst	178½	+½	262½	169½
SPARK VCT	21#		22	20
Standard Life Equity	426	-4	511	389½
Standard Life UK Sml	482	+5	526	400
SVM Global	274		295½	261
SVM UK Emerging	87¾		127	83½
Talisman VCT	48½		53½	48½
Temple Bar	1342	-8	1354	1116
Templeton Emrg.	789	-2	793	649
The European Inv.Tst	836	+2	950	754
Throgmorton Tst.	538	+8	570	432
TR Euro.Growth	905	+6	1117	765
TR Prop. IT	396	+1	433½	353½
Troy Inc & Growth Trust	78¾#		79½	72¼
Value & Income	254#	-3½	280	245
Witan Inv Trust	1074	+4	1138	948
Witan Pacific	330	+1	340	283
Wwide Healthcare	2535	-40	2915	2325
Financial Services				
3i Group	1080	+1½	1081½	756¼
3i Infrastructure	279	-½	283½	211¼
Ashmore Group	480¼	-7¾	491¼	337
Brewin Dolphin	333½	+1½	388	295½
Charles Stanley	292	+3	386	240
City Of London	137½		170	125
Guinness Peat Group	84	+½	91¼	69¾
Hargreaves Lansdown	2180	-3	2270	1633
IFG Group	190½	+½	190¾	125
IG Group	526¼	-2¾	954½	510
Intermediate Cap.Grp	1179	-2	1203	899
International Pers Fin	199½#	-1½	254¾	171½
Investec	514¼	+1½	594¾	423½
IP Group	95¾	-1	142¾	87¾
Jupiter Fund Man.	396½	+2	488	287½
Liontrust Asset Man	640	+10	688	532
London Stock Ex.	4964	+19	4984	3867
Lonfin	39½		45½	39½
Man Group	153¾#	+½	196¼	126¾
Paragon Group	457½	-1½	552½	379¼
Provident Financial	509¼	-½	697¼	488½
Rathbone Brothers	2400#	-40	2652	2198
S & U	2070	-20	2790	1767½
Schroders	3196#	+12	3488	2334
Schroders NV	2385#		2720	1962
Shore Capital	225#		285	200
Standard Life	280¼#	+3¼	435¼	224¾
Tullett Prebon	284#	-2½	481	259¾
Walker Crips Group	26		39	24
Fixed Line Telecommunications				
BT Group	229¾	-¾	264¾	203
KCOM Group	70½	-¼	104	57¾
TalkTalk	123¾	-1	137	96½
Telecom Plus	1418	-24	1524	1010
Food & Drug Retailers				
Greggs	1813	-10	1861	942
Morrison (Wm)	221½	-¾	269½	211¾
Ocado	1399	-1	1435	504½
Sainsbury (J)	227¾	+1	341½	223¾
Tesco	250	-¼	266¼	189½
United Drug	619	-12	940	551
Food Producers				
A.B. Foods	2512	+10	2836	2041
Anglo-Eastern	528	-2	766	508
Carr's Milling	146	-½	173	130
Cranswick	2866	-34	3460	2472
Devro	180¾#	+2¼	230	155½
Glanbia	1478¼#	+8¾	1640¾	1187
Greencore Group	226½	+1¾	226½	154
Kerry Grp 'A' Shs	8390¼#	-77¾	8584¾	7257¾
Premier Foods	35¾	+¼	46¾	30
REA Holdings	175½	-9	344	172
Tate & Lyle	734	-2½	746	559
Unilever	4503½	+125½	4550¾	3861
Forestry & Paper				
Mondi	1727#	+10	2236	1584
Gas, Water & Multiutilities				
Centrica	105¾	-1	163¾	105
National Grid	818¾	-1	889¼	748¾
Pennon Group	730¾		812½	652½
Severn Trent	1959	+8½	2091	1770
United Utilities	820½	+3¾	873½	682½
General Industrials				
DS Smith	356¼#	+1¼	539	292¼
Low & Bonar	14¾	-¼	51½	12¾
RPC Group	787	-1	834¾	632¼
Smiths Group	1545#	+½	1801	1279½
Vesuvius	619½#	-16	662	473¼
General Retailers				
Ashley (Laura)	2¾		6½	2½
Brown (N.) Group	109½	-1¾	215¾	85
Caffyns	395		425	365
Carpetright	14	+¼	39½	13
Dignity	721	+14	1314	648
Dixons Carphone	149½	-½	234¾	116¼
Dunelm	866½	-3	912½	482¾
Findel	168	+½	302	154
French Connection	44	+½	63½	37
Halfords Group	242¼	+2¼	388	214
Inchcape	636	+9	799	486½
John David Group	600½	+8½	604	318½
Kingfisher	261½	-½	318	205½
Lookers	93	-¾	112¼	88
Marks & Spencer	282¼	-1¼	314½	242½
Moss Bros.	21½		53½	20
Mothercare	20½		33¼	14¾
Next	5774	+16	6202	3991
Pendragon	22¾#		29¾	21½
Pets At Home	146	+¾	163¼	110
Saga	57¾	-1¼	138¾	55¾
Sports Direct	301½	-2¼	436	233¼
Ted Baker	1542	+7	2764	1420
Topps Tiles	78¾	+¾	84½	57¾
WH Smith	2104	+20	2186	1697
Health Care Equipment & Services				
Consort Medical	910		1287	700
Flying Brands	1¼		4¼	1
Mediclinic Intnl	340½	+13	706½	301¼
Smith & Nephew	1444½#	-28	1545	1258
Household Goods & Home Construction				
Abbey	1235#		1380	1180
Barratt Development	615¼#	+1¾	625¾	434
Bellway	3180	-10	3433	2419
Berkeley Grp Hldgs	3850	+11	4321	3226
Bovis Homes	1118#	-2	1301½	828
Colefax Group	535		620	453
Headlam Group	450	+5	507	387
Mcbride	106		161½	86¾
Persimmon	2344	-5	2880	1859½
Reckitt Benckiser	5812#	-56	7155	5443
Redrow	630	-1	647	460¾
Taylor Wimpey	190#	+1½	205	129¼
Industrial Engineering				
Bodycote	853#	-30	1055	676
Castings	359	+4	435	347
Goodwin	3200	-40	3267¼	1760
Hill & Smith	1300	-6	1523	902½
IMI	1024#	-4½	1242	870
Melrose	196½#	+3	247	146¼
Renold	32½	+2½	40¼	22
Rotork	316#	-2¼	361½	235¾
Severfield-Rowen	73		88¼	64½
Slingsby H.C.	97½		97½	60
Spirax-Sarco	8030	-5	8070	5645
Tex Holdings	73	-12	139	70¼
Trifast	229	+14	276	164
Vitec Group	1110#	-25	1415	1072½
Weir Group	1775	+9½	2325	1240
Industrial Metals & Mining				
Evraz	667	-2	674	402½
Ferrexpo	286½	+1½	301¼	143½
Industrial Transportation				
BBA Aviation	265½#	-2½	350	207
Braemar Shipping Serv	180	+5	302	162
Clarkson	2370	-20	3105	1878
Fisher (J) & Sons	1980#	+30	2260	1600
Ocean Wilsons	1175	-5	1290	1010
Royal Mail	259	-1¾	631	234
Stobart Group	152½	+2	266½	142¾
Wincanton	243	+3	280	202½
Leisure Goods				
Games Workshop	3894	+38	4015	2390
Photo-Me Intl	88½#	+2	164	76
Life Insurance				
Aviva	431½#	-3½	552	364½
Chesnara	359½#	+4½	415	322
Legal & General	291¼	+1	292	223¾
Phoenix Group	714½#	-6¼	724¾	544
Prudential	1780#	+3½	1954½	1340
St James's Place	1113½#	-8	1240½	914
Media				
4imprint Group	2490#		2610	1640
Bloomsbury Publish.	234½	+2½	254	174½
Daily Mail & Gen	668		774	557
Euromoney Inst.	1236	-10	1450	1132
Future	826		846	353
Haynes Publishing	196		246	160
Huntsworth	86	-1½	139	81
Informa	798	+3¼	859	605¾
ITE Group	74	+1	96¾	56¼
ITV	140¼#	+2½	180½	122¾
Moneysupermarket	363¼#	+15	384¾	264
Pearson	843½#	+4¾	1027½	774½
Quarto Group	70½		117½	50
Reach	63½	-2½	88	54½
Reed Elsevier	1701	+8½	1769½	1491½
Rightmove	543½	+3¼	549	421
STV Group	382½#	-1½	458	310
Tarsus Grp.	308½	-½	320	243
Wilmington Group	200	+5	259½	160
WPP Group	934	+11¾	1360½	800½
Mining				
African Barrick Gold	162½	-2	256½	96
Anglo American	2169½#	+8	2226	1464½
Anglo Pacific	201	+4	203	125
Antofagasta	1009	-9	1149	727¼
Avocet Mining	12¼	+½	22¼	4¾
BHP Billiton	1869½	+8½	1944¼	1490½
Centamin Egypt	80#	-1½	164½	79¼
Fresnillo	778½	+13½	1340	746½
Gem Diamonds	85	+1	124½	84
Glencore	338¼	-2	400½	269
Hochschild Mining	181¼	+1	224½	149
Kazakhmys	730#	-4¾	1076	436¾
Kenmare Res.	200½	+2	255	182
Lonmin	73½	-2¼	82½	36
Petra Diamonds	17¾	+¾	68	17
Petropavlovsk	8		8½	5¼
Polymetal Intl.	816½	+7¾	894	597¼
Rio Tinto	4600#	+53	4771½	3486
Sirius Minerals	20½	-1	38¾	18
Mobile Telecommunications				
Inmarsat	536½#	-9½	632¼	356½
Vodafone Group	142½	-1¼	214	131¼
Nonequity Investment Instruments				
Oryx Int.Gwth.	767½		840	756¼
Rights &Iss.Inc	2115	+5	2335	1955
Nonlife Insurance				
Admiral Group	2233	-8	2281	1870
Beazley Group	563	+4½	619½	492½
Direct Line Insurance	340¾#	-1½	376¾	305
Hiscox	1649	-5	1711	1418
Lancashire	680½	-1	683½	530
RSA Insurance Grp	545½#	-1¼	681¾	496½
Oil & Gas Producers				
BP	567¾	-4¼	598¼	485¾
Cairn Energy	165¾	-2½	267½	140
Enquest	21¼	-½	37¾	15¼
Exillon	50¼	+¼	83¼	48¼
Gulf Keystone Pet.	251½	+1½	301	153¼
JKX Oil & Gas	57¼	+4¼	64½	23½
Ophir Energy	56¾	+¼	67	32¾
Premier Oil	101½	-½	143½	55½
Ryl Dutch Shell 'A'	2466½	-15	2748½	2213
Ryl Dutch Shell 'B'	2484	-17½	2841	2227
Soco International	75½		122½	65½
Tullow Oil	242#	-½	276	165¼
Oil Equipment, Services & Distribution				
Hunting	638#	-3	914	453½
John Wood Group	505	-19¼	796½	489½
Lamprell	63¼	+½	105	52
Petrofac	467½	-56½	663½	381½
Personal Goods				
Burberry Group	2014	+35	2325	1623½
PZ Cussons	198¾	+6	252¾	178½
Supergroup	455¼	+5¾	1591	355¼
Pharmaceuticals & Biotechnology				
AstraZeneca	5815	-99	6525	4955½
BTG	834	+½	853	475
Genus	2326	-10	2992	2098
GlaxoSmithKline	1524½	-16½	1621½	1407½
Hikma	1657½#	-46½	2025	1184½
Oxford Biomedica	665	-24	1050	565
Real Estate Investment & Services				
Capital & Counties	241¾#	+¾	309	226¼
Capital & Regional	24#		57	23½
Cardiff Property	1750		1845	1725
CLS Holdings	244#	+½	255	195½
Daejan Holdings	5800	-20	6400	5600
Development Sec.	190	+1¼	249½	178½
F&C Commercial	120¼#	+½	155	117
Foxtons	65	+½	76¾	44¾
Grainger	253¼	+1½	291½	205¾
Harworth Group	132	-1	136	110
Helical Bar	349½		398	301½
London & Ass.Prop	23		31	21
Mountview Est.	9925	-25	11400	9275
Raven Russia	41½	+½	50	38
Savills	921½#	+6	984½	678½
St. Modwen Prop.	404½		425¼	365
UK Commercial Prop	87½	-¼	90½	81
Wynnstay Props.	575		592½	550
Real Estate Investment Trusts				
Big Yellow Group	1023	-2	1049	852½
British Land	595½#	-2	697	523
Derwent London	3112	-14	3291	2761
Great Portland Est.	731½	+¼	773½	652¼
Hammerson	330½#	+1	561¼	322½
Hansteen Holdings	91¼#	-1½	132¾	88½
Highcroft Inv.	900		975	870
Intu Properties	101¾	+3¾	207¼	97¼
Land Securities	911	-4½	989½	791¾
London & Stamford Prop.	198¾	-¼	201¾	172¾
Mckay Secs.	246½	-½	280	222
Mucklow (A&J)	525		570	480
Primary Health	130¾#	-¼	132¾	106½
SEGRO	670#	-1¾	686¾	585¼
Shaftesbury	852	+5½	1015	817
Town Centre	213		296	204
Unite Group	924#		949	797½
Workspace Group	969½	+7½	1165	789½
Software & Computer Services				
Aveva Group	3342	+98	3350	2060
Computacenter	1070	+2	1620	952
Emblaze	21½		26½	18
Gresham Computing	95#		205	65½
Intec Telecom	71¾			
Micro Focus	1904	+5	2067	1184
Microgen	391½	-3½	476	337
RM Group	231½	-4	248	182
Sage Group	709	+1	716¾	525½
SDL International	524	+2	596	370
Triad Group	42		78½	34½
Support Services				
Aggreko	839#	-8	882	641¾
Ashtead Group	2170	+27	2438	1586½
Bunzl	2352	+38	2551	2070
Capita Group	125	-1½	169	90¾
Carillion	14¼			
Charles Taylor	252½	-2½	314	190
DCC	6894	+4	7565	5555
De La Rue	440½	+2	557	385½
Diploma	1590	+5	1591	1150
Electrocomponents	635½	+2½	761½	480
Essentra	433½	+3½	507	325½
Experian Group	2200	+40	2206	1570½
Ferguson	5400#	-2	6556	4749
G4S	232¼	-2	282	175¾
Hays	148	-7½	212	135¾
Homeserve	1135	+10	1135	722
Howden Joinery	516½	+2½	539	416½
IEnergizer	185	+7½	199¾	55
Intertek Group	5330	+56	6014	4387
John Menzies	484½	-½	677	470
London Security	1940		2150	1860
Macfarlane Group	96½	-½	112	71½
Mangmnt Consulting	2		3¼	1¼
Mears Group	240		396	236
Michael Page	520	-3	623½	432¼
Mitie Group	122		195¾	105¾
Norish	65		83½	60
Northgate	372½	-1	446½	360
Paypoint	958	+28	1076	748
Rentokil Initial	375#	+6¾	376	273
Ricardo Group	680	-26	1075	572
Robert Walters	580	-6	796	480
RPS Group	190#	-½	275½	132
Serco Group	123¾	+¼	136½	84
Shanks Group	27¾		87	22
SIG	148½	+3	149¾	102¼
Smiths News	37½	-¼	63½	26
Speedy Hire	54		65½	52
St.Ives	104#	+4	108	83¾
SThree	309	+½	385	249½
Travis Perkins	1426½#	+10	1475½	970
Technology Hardware & Equipment				
BATM Advanced	48¼	+½	52½	26
CML Microsystems	286	+2	567½	275
Northamber	29#		30½	28
Spirent	146#	+1½	161¼	110½
Tobacco				
British Amer.Tob.	3057#	-43	4222½	2375
Imperial Brands	2491	-19½	2987½	2310
Travel & Leisure				
888 Holdings	153¾#	-1¼	324¾	151½
Air Partner	87½		125½	72¾
Carnival	4036	-63	5000	3659
Celtic	162½		167½	131
Compass Group	1719	+3½	1825	1471½
Domino's Pizza	257½#	+1½	387	224½
EasyJet	1219	+6½	1796	1009
Enterprise Inns	214½	+4¾	216	125½
FirstGroup	102¼	+¼	117½	79¼
Fuller Smith & Turner	1110	+20	1185	846
Go-Ahead Group	1853	-10	2078	1388
Greene King	664½	+4¾	678	472¾
GVC Holdings	648½#	+10½	1170	507½
Heavitree	445#		530	440
InterContinental Htl.	4933#	+22	4979¼	3958½
Intl Consolidated Airlines	557¼	-4¾	726½	504
Irish Continental Uts.	427½		500½	364½
Marston's	99½	+1	112	89¾
Merlin Ent.	360#	+2	410½	307
Millennium & Cop.	442#	+4	570	436
Mitchells & Butlers	267	+2½	291½	241½
National Express	401½#	-7½	433¼	361½
Paddy Power Betfair	6648#	+2	9110	5525
Rank Group	156	+2¾	194	135
Restaurant Gp	132¾	+4	237	112
Ryanair Holdings	1088½	+12	1453¼	866¼
Sportech	35¾		86¼	32½
Stagecoach Group	117¼	-¾	177	116¾
Thomas Cook Group	24½		146	22¾
TUI AG	847½	-5¼	1810½	713¼
Wetherspoon (JD)	1328	+8	1366	1066
Whitbread	4842	+6	5114	3883
William Hill	167¼	+1	336	149½
AIM				
600 Group	13¾		19½	13
Arbuthnot Banking	1360		1650	1060
ASOS	3870	-19	6834	2128
Boohoo	218	-2	244½	149½
Camellia	10950	+250	12900	9100
Churchill China	1525		1534	940
CPP Group	5¼		11¼	5
Cropper (James)	1020		1740	911
Dewhurst	900		1225	825
Falkland Islands	325		380	273
Fevertree Drinks	3117	+12	3956	2131
Filtronic	7¾		29	5¼
Finsbury Food Group	83½#	+1½	131	60
Goals Soccer	27¼			
Gresham House	510		522½	405
Hornby	38¼		39½	23¾
James Halstead	490	+9	490	367
Johnson Service	146½#	+2½	148½	113½
Majestic Wine	237½	-6½	485	219
Mpac Group	136	-1½	230	108½
Nichols	1725#	+17½	1746	1240
Numis Corporation	267½	+2½	440	221½
Ovoca Gold	6¾	+¼	11¼	6½
Panther Secs.	375		395	325
Patagonia Gold	41	+2½	155	31½
Portmeirion	1175	+5	1310	905
Regal Petroleum	40	-2	63	15½
Rockhopper Exploratn	25¾	+¼	44	20¼
Ten Alps	+¼		+¾	+¼
Titon Holdings	142½		217	112½
Trans-Siberian Gold	57		57¾	33
UBC Media Group	+¼		5¾	+¼
Victoria Oil & Gas	15¼	+¾	40¼	12¾
Volex	93	+¼	96	66
Young & Co Brewery A	1755	-5	1830	1322½

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Kachy is too good to miss in Sprint

By **The Scout** (Peter Jones)

KACHY (3.05, nap) has the Betway All-Weather Sprint at his mercy at Lingfield today. Tom Dascombe's six-year-old was second in this race last year and broke the six-furlong track record on his return to the Polytrack course in February.

His main rival is Hugo Palmer-trained Encrypted, who won a competitive Listed event at the Surrey track last November. The four-year-old also has Ryan Moore in the saddle as a bonus.

AMADE (2.00, nb) is another who looks head and shoulders above his rivals in the two-mile Betway All-Weather Marathon. Trained by Guiseppe Botti, uncle of Newmarket trainer Marco, the five-year-old is winner of five long-distance events on the trot, including the last four on the all-weather. Ridden by Christophe Soumillon, above, Amade may have most to fear from Spark Plug, who surprised Verdana Blue in a Listed event at Kempton in December. OH THIS IS US (4.45, treble) is the value in an open Sun Racing All-Weather Mile. The six-year-old finished second to Ostilio in the Group Two Prix Daniel Wildenstein on Arc weekend in October.

Richard Hannon put a poor run in a Listed event at Wolverhampton last time down to the Tapeta surface, having won going away in a mile handicap on the Lingfield Polytrack prior to that.

1.30 APPRENTICE HANDICAP
£31,125 (Class 2) 7f 1yds (14 declared)

1 (6) 0131L-5 **BREATHLESS TIMES (58) (C&D)** R Charlton 4 9-12 **C Noble** 98
2 (14) 244-258 ● **GORING (41) (C,D)** Eve J-Houghton 7 9-11 **G Dobie(7)** ★99
3 (2) 22-4362 **RAUCOUS (20) (F)** R Cowell 6 9-11 **C Fallon(5)** 98
4 (8) 361-722 **GALLIPOLI (37) (D,F) (T)** R Fahey 6 9-6 **S P Davis(3)** 94
5 (9) 16-5LLL **GIOGIOBBO (27) (D)** N Littmoden 6 9-6 **D E Hogan(3)** 88
6 (10) 224-212 **SHA LA LA LA LEE (27) (C,D) (T)** T Dascombe 4 9-4 **Jane Elliott** 98
7 (12) 11-3283 **EXCHEQUER (41) (C&D) (T)** R C Guest 8 9-3 **D Keenan(3)** 94
8 (11) 8-714L5 **MR SCARAMANGA (27) (C)** S Dow 5 9-2 **L Williams(7)** 97
9 (5) 2L9-021 **POETIC FORCE (23) (C,D)** A Carroll 5 9-1 **P Bridgwater(3)** 95
10 (4) 02L-573 **STARLIGHT ROMANCE (34) (D) (T)** R Fahey 5 9-0 **C Murtagh(3)** 98
11 (3) 5-12637 **APEX KING (20) (C,D)** D Loughnane 5 9-0 **L Coughlan(7)** 93
12 (7) 111911 **LION HEARTED (8) (D)** M Appleby 5 9-0(5ex) **M Crehan(5)** 94
13 (13) 415-533 **SUZI'S CONNOISSEUR (49) (C,D)** J Chapple-Hyam 8 8-13 **P Bradley** 98
14 (1) L1363L **PHILAMUNDO (6)** Richard Spencer 4 8-9 **S B Kirrane(7)** 90

BLINKERS: Nos. 4, 13, 14 VISOR: No. 2 TONGUE: Nos. 1, 3, 5, 9 CHEEK: Nos. 3, 5, 7.

SP FORECAST: 9-2 Lion Hearted, 5 Sha La La La Lee, 11-2 Gallipoli, 13-2 Raucous, 8 Breathless Times, 10 Poetic Force, 12 Exchequer, 14 Goring, 16 Others.

2.00 CONDITIONS STAKES ITV4
£93,375 (2) 1m 7f 169yds (11)

1 (5) 2111-11 ● **AMADE (43) (D)** A G Botti (FR) 5 9-5 **C Soumillon** ★99
2 (3) 090-LL3 **BATTLE OF MARATHON (83)** J Ryan 7 9-5 **B Doyle** 84
3 (6) 1-11534 **FEARSOME (35) (C)** N Littmoden 5 9-5 **E J Walsh** 87
4 (2) 031-135 **GREY BRITAIN (43) (C&D)** J Ryan 5 9-5 **Doubtful** 92
5 (11) 0023-43 **HIGHER POWER (43) (D)** J Fanshawe 7 9-5 **D Probert** 91
6 (9) 543-03L **LORD GEORGE (77) (D)** J Fanshawe 6 9-5 **D Muscutt** 88
7 (10) 08L-D1L **PETITE JACK (28) (C)** N King 6 9-5 **James Doyle** 89
8 (8) 72L51-2 **SPARK PLUG (62)** B Meehan 8 9-5 **T Marquand** 91
9 (1) LLL-213 **STAMFORD RAFFLES (48) (D)** J Chapple-Hyam 6 9-5 **R Kingscote** 87
10 (7) 0414-32 **WATERSMEET (77) (C&D,F) (T)** M Johnston 8 9-5 **J Fanning** 97
11 (4) 9411-14 **AIRCRAFT CARRIER (43) (F)** J Ryan 4 9-3 **S Donohoe** 98

BLINKERS: No. 1 CHEEK PIECES: Nos. 6, 8, 11.

SP FORECAST: 11-10 Amade, 9-2 Aircraft Carrier, 15-2 Watersmeet, 10 Spark Plug, 12 Petite Jack, Higher Power, 14 Stamford Raffles, Lord George, 33 Others.

GUIDE: AMADE has continued to improve at a rapid rate of knots since being stepped up in distance and his most recent success at Chelmsford (2m, Pol) took a boost when the runner up, Elegiac, won in Listed company earlier this month. Christophe Soumillon is reunited in the saddle and he can ensure back-to-back successes for the French in this contest. **Aircraft Carrier** was disappointing behind the selection in the aforementioned Chelmsford race, but is clearly capable of much better and could prove the strongest threat if running to his best. **Spark Plug** ran well on his first attempt at this trip at Kempton (Pol) and remains unexposed as a stayer.

2.30 FILLIES AND MARES STAKES ITV4
£93,375 (2) 7f 1yds(12)

1 (11) 1861-21 ● **CASTLE HILL CASSIE (81) (D,F) (T)** B Haslam 5 9-0 **A Mullen** ★99
2 (10) 94115-1 **CLON COULIS (43) (T)** T D Barron 5 9-0 **J P Spencer** 96
3 (3) 2111-L1 **CROSSING THE LINE (27) (D,F)** A Balding 4 9-0 **D Probert** 98
4 (9) 708191 **CRY BABY (25) (D)** Y Barberot (FR) 5 9-0 **C Soumillon** 77
5 (1) 5-31216 **GORGEOUS NOORA (20) (C)** A Watson 5 9-0 **H Doyle** 94
6 (12) 4115- **HEAVENLY HOLLY (117) (D)** H Palmer 4 9-0 **R Moore** 89
7 (7) 2511-12 **ISLAND OF LIFE (41) (D,F)(S)** W Haggas 5 9-0 **J Doyle** 97
8 (4) 30-3328 **PATTIE (6) (C&D)** M Channon 5 9-0 **J Fanning** 89
9 (2) 525251- **RASIMA (169) (C)** R Varian 4 9-0 **David Egan** 97
10 (8) 31112-6 **SILVERY MIST (18) (D)** F Chappet (FR) 4 9-0 **S Pasquier** 77
11 (6) 326-114 **TOY THEATRE (34) (D)** M Appleby 5 9-0 **T Marquand** 89
12 (5) 03-2232 **TREASURE ME (34) (C&D)** C Fellowes 4 9-0 **S Donohoe** 88

VISOR: No. 12 TONGUE STRAP: No. 7 CHEEK PIECES: Nos. 4, 7 HOOD: No. 2.

SP FORECAST: 3 Island Of Life, 9-2 Rasima, 6 Crossing The Line, 13-2 Heavenly Holly, 7 Castle Hill Cassie, 15-2 Gorgeous Noora, 8 Others.

GUIDE: ISLAND OF LIFE was unable to make it four on the bounce when second in the Lady Wulfruna at Wolverhampton (7f, Tpt) last month, but she posted a career-best performance on that occasion and a reproduction of that form makes her the standout contender. **Rasima** improved for the drop in distance when landing the Fleur De Lys at Lingfield (1m, Pol) and she appeals as having further improvement to come this campaign. **Castle Hill Cassie** and **Clon Coulis** both arrive in solid form and cannot be discounted.

THE SCOUT
1.30 Goring
2.00 AMADE (nb)
2.30 Castle Hill Cassie
3.05 KACHY (nap)
3.40 Deep Intrigue
4.15 Wissahickon
4.45 OH THIS IS US

3.05 CONDITIONS STAKES ITV4
£93,375 (2) 6f 1yds (11)

1 (3) 11-4761 **ALFREDO ARCANO (14) (D) (T)** D Marnane (IRE) 5 9-5 **Oisin Orr** 87
2 (11) 2-1L151 **ALSVINDER (28) (C&D) (T)** P Kirby 6 9-5 **D Tudhope** 85
3 (7) 235322 **AREEN HEART (22) (C) (T)** D O'Meara 5 9-5 **R Downey** 83
4 (10) 3112-1L **ENCORE D'OR (55) (C,D)** R Cowell 7 9-5 **L Morris** 88
5 (1) L01281- **ENCRYPTED (153) (C&D,F)** H Palmer 4 9-5 **R Moore** 87
6 (5) L8413-1 **FORZA CAPITANO (45) (D)** H Pantall (FR) 4 9-5 **V Cheminaud** 82
7 (2) 090-381 **GEORGE BOWEN (20) (D) (T)** R Fahey 7 9-5 **D Nolan** 90
8 (8) 13951-1 ● **KACHY (76) (C&D) (T)** T Dascombe 6 9-5 **R Kingscote** ★99
9 (4) 621227 **MERHOOB (17) (C&D)** J Ryan 7 9-5 **James Doyle** 88
10 (6) 54-2215 **ROYAL BIRTH (27) (C)** S C Williams 8 9-5 **T Marquand** 88
11 (9) 76-3327 **STONE OF DESTINY (27) (D)** A Balding 4 9-5 **D Probert** 88

VISOR: No. 7 TONGUE STRAP: Nos. 1, 2, 10 HOOD: No. 1.

SP FORECAST: 8-11 Kachy, 7 Encrypted, 8 Forza Capitano, 10 George Bowen, 12 Encore d'Or, 16 Stone Of Destiny, 20 Merhoob, Alfredo Arcano, 25 Others.

GUIDE: KACHY only found the high-class City Light too good in this race 12 months ago and he is hard to oppose having confirmed his well-being with an easy victory in a Listed event over C&D in February. **Encrypted** improved throughout last year and he was last seen putting in a career best when winning over this track and trip in November. He is likely to be the main threat to the selection if reproducing that form. Others to consider are **Alfredo Arcano**, **Encore d'Or** and **George Bowen**.

3.40 CONDITIONS STAKES3YO ITV4
£93,375 (2) 6f 1yds (12)

1 (12) 83L6-31 **CHARMING KID (91) (D) (T)** R Fahey 9-5 **D Nolan** 92
2 (7) 10L251- **CONCIERGE (178) (D,F)** G Scott 9-5 **W Buick** 94
3 (11) 11-6112 ● **DEEP INTRIGUE (48) (C&D,F) (T)(S)** M Johnston 9-5 **D Tudhope** ★99
4 (4) 134211- **DEPUTISE (132) (D)** W Haggas 9-5 **James Doyle** 94
5 (9) 1341-64 **FARES KODIAC (22) (D)** M Botti 9-5 **T Marquand** 87
6 (6) 1L1-225 **JAMES STREET (80) (D)** H Palmer 9-5 **Ryan Moore** 93
7 (8) 358-121 **PIZZICATO (36) (D)** F Chappet (FR) 9-5 **C Soumillon** 89
8 (2) 1LL-546 **QUIET ENDEAVOUR (36) (D)** A Watson 9-5 **H Doyle** 93
9 (5) 2-4L160 **SANDRIDGE LAD (9)** J Ryan 9-5 **S Donohoe** 83
10 (10) 1-50L74 **SHINING ARMOR (9) (D)** J Ryan 9-5 **L Morris** 87
11 (3) L13-L63 **YOU NEVER CAN TELL (48) (D)** R Spencer 9-5 **T P Queally** 90
12 (1) 687-L15 **YOLO AGAIN (6) (T)** Roger Fell 9-0 **David Egan** 89

BLINKERS: Nos. 8, 11 TONGUE STRAP: No. 5.

SP FORECAST: 4 Pizzicato, 9-2 Charming Kid, Deep Intrigue, 11-2 Deputise, 13-2 Concierge, 10 James Street, 12 Quiet Endeavour, You Never Can Tell, 20 Others.

GUIDE: DEEP INTRIGUE's winning run came to an end when going down by a neck in a Listed contest over 7f here last month. His previous form suggests that the drop in trip should not be a problem and he should take plenty of beating in this contest. **Charming Kid** accounted for a pair of subsequent winners at Dundalk (6f, Pol) earlier in the year and it would be no surprise to see him go well once again. The shortlist is completed by **Concierge**, **Deputise** and **Pizzicato**.

TRACK FACTS: GOING: Standard. Left Handed. **TOP TRACK JOCKEY (2014-19):** Luke Morris 13% Strike rate. **TOP TRACK TRAINER (2014-19):** R Hannon 18% Strike rate. **FIRST TIME:** 1.30 Giogiobbo (cheek pieces, tongue strap), 2.30 Cry Baby (cheek pieces), Treasure Me (visor), 3.40 You Never Can Tell (blinkers), 4.45 Silver Quartz (cheek pieces, tongue strap). **BEATEN FAVOURITES:** 1.30 Sha La La La Lee(hcp), Suzi's Connoisseur(hcp). 2.00 Petite Jack(hcp). 3.05 Encore d'Or, Stone Of Destiny(hcp). 3.40 James Street(hcp). 4.15 Matterhorn. 4.45 Cardsharp, Oh This Is Us. **DRAW:** Low best in races up to a mile **LONGEST TRAVELLER: Amade** (2.00), **Cry Baby** (2.30), **Silvery Mist** (2.30), **Forza Capitano** (3.05), **Pizzicato** (3.40), **Roc Angel** (4.15), **Indyco** (4.45) France; **Alfredo Arcano** (3.05) Ireland; **Yolo Again** (3.40) 281 miles. **STABLE SWITCH:** 3.05 **Alsvinder** from D O'Meara to P Kirby.

LINGFIELD SKYSPORTSRACING

4.15 CONDITIONS STAKES ITV4
£124,500 (2) 1m 2f (8)

1 (1) 224-132 **COURT HOUSE (55) (C)** J Gosden 4 9-5 **R Havlin** 95
2 (5) 121133 **EXECUTIVE FORCE (9) (C,D)** M Wigham 5 9-5 **C Beasley** 89
3 (3) 4LL1-63 **MASTER THE WORLD (20) (C&D)** D Elsworth 8 9-5 **Ryan Moore** 93
4 (4) 11-1117 **MATTERHORN (20) (C&D) (T)** M Johnston 4 9-5 **J Fanning** 97
5 (2) 1L1-13L **PACTOLUS (41) (C&D)** S C Williams 8 9-5 **R Kingscote** 87
6 (6) 20-3313 **ROC ANGEL (22)** F Chappet (FR) 5 9-5 **C Soumillon** 82
7 (7) 2164-05 **VICTORY BOND (20) (C&D)** W Haggas 6 9-5 **James Doyle** 86
8 (8) 8111-11 ● **WISSAHICKON (55) (C&D,F)** J Gosden 4 9-5 **L Dettori** ★99

BLINKERS: No. 7 TONGUE STRAP: No. 5 CHEEK: Nos. 2, 3 HOOD: No. 5.

SP FORECAST: 4-11 Wissahickon, 6 Matterhorn, 10 Court House, 14 Master The World, 20 Victory Bond, 33 Roc Angel, Pactolus, Executive Force.

GUIDE: WISSAHICKON has made this track and trip his own in recent months, winning three on the bounce here since landing the Cambridgeshire (1m1f, gd-frm) at Newmarket in the autumn. There appears to be no stopping him and, having already accounted for most of these rivals, can win another valuable prize. Stablemate **Court House** chased him home in the Winter Derby (1m2f, Pol) last time and could make the podium once again, while **Matterhorn** has a chance to leave his recent Magnolia Stakes (1m2f, Pol) disappointment behind.

4.45 CONDITIONS STAKES ITV4
£93,375 (2) 1m 1yds(11)

1 (9) 654-471 **ABOVE THE REST (41) (D) (T)** T D Barron 8 9-5 **C Lee** 91
2 (4) 40L1-L4 **ARCANADA (41) (C&D) (T)** T Dascombe 6 9-5 **R Kingscote** 92
3 (10) 308-313 **CARDSHARP (27) (C) (T)** M Johnston 4 9-5 **J Fanning** 96
4 (1) 0561-15 **DOCUMENTING (41) (C)** Kevin Frost 6 9-5 **James Doyle** 93
5 (5) 48227-2 **GLENDEVON (27)** R Hughes 4 9-5 **Ryan Moore** 93
6 (6) 3L212-2 **INDYCO (45) (D)** H Pantall (FR) 4 9-5 **V Cheminaud** 89
7 (11) 2031-11 **KEYSER SOZE (58) (C)** Richard Spencer 5 9-5 **T P Queally** 97
8 (8) 326-217 ● **OH THIS IS US (41) (C&D,F)** R Hannon 6 9-5 **T Marquand** ★99
9 (2) 424-105 **SALATEEN (37) (C&D) (T)** D O'Meara 7 9-5 **D Nolan** 88
10 (7) 175-300 **SILVER QUARTZ (20) (D)** Archie Watson 4 9-5 **L Morris** 88
11 (3) L115-22 **STRAIGHT RIGHT (87) (D)** A Balding 5 9-5 **D Probert** 95

TONGUE STRAP: Nos. 9, 10 CHEEK PIECES: Nos. 2, 9, 10 HOOD: Nos. 1, 11.

SP FORECAST: 9-2 Keyser Soze, 5 Oh This Is Us, 6 Straight Right, 13-2 Indyco, 7 Documenting, 8 Cardsharp, 10 Arcanada, Above The Rest, 12 Others.

GUIDE: KEYSER SOZE has won three on the spin over seven furlongs, winning twice here (Pol) before completing the hat-trick at Newcastle (Tpt) in February. That makes Richard Spencer's five-year-old the one they all have to beat with the return to 1m set to suit. **Oh This Is Us** is another who will be suited by the distance of this contest and is a track and trip winner of real interest, while **Cardsharp**, **Glendevon** and **Straight Right** all look capable of throwing their hats into the ring.

VITAL STATISTICS

IN-FORM TRAINERS (last 10 days) B Haslam 71% (3 wins and 2 places from 7 runners), M Meade 67% (1/3/6), N King 56% (2/3/9), J Gosden 54% (4/10/26), C Cox 50% (2/4/12), C Wallis 50% (3/0/6), Mrs H Main 50% (1/1/4). **IN-FORM JOCKEYS** Jack Garritty 67% (3 wins and 3 places from 9 runners), Hollie Doyle 57% (4/4/14), S Pasquier 54% (3/12/28).

GOSSIP FROM THE GALLOPS

Newmarket: ISLAND OF LIFE (2.30 Lingfield)
North: DEEP INTRIGUE (3.40 Lingfield)
Lambourn: FORBIDDEN PLANET (3.55 Newcastle)
Wales: THE DALEY EXPRESS (5.05 Bath)

1.50 BETWAY NOVICE STAKES (PLUS 10) 3YO
£5,013 (Class 4) 5f 160yds (5 dec)

1 (5) 1 **GLOBAL PROSPECTOR (34) (D)** C Cox 9-9 **A Kirby** 98
2 (2) 55 **HIGHEST MOUNTAIN (22)** J Tuite 9-2 **F Norton** 87
3 (1) 724- ● **THE CRUISING LORD (189)** M Attwater 9-2 **J F Egan** ★99
4 (3) 838L- **BLUEBELL TIME (226)** M Saunders 8-11 **M Dwyer** 82
5 (4) L-6 **LAURA'S LEGACY (16)** A Balding 8-11 **L Keniry** 80

SP FORECAST: 4-5 Global Prospector, 6-4 The Cruising Lord, 14 Highest Mountain, 16 Laura's Legacy, 50 Bluebell Time.

2.20 CONDITIONS STAKES (PLUS 10) 2YO
£12,450 (2) 5f 10yds (9)

1 (4) 31 ● **ZULU ZANDER (14) (D)** P Evans 9-6 **A Kirby** ★99
2 (1) 6 **ALBUM (7)** M Meade 9-2 **D O'Neill** 88
3 (3) **CONTRACT KID** M Loughnane 9-2 **S W Kelly** 81
4 (2) 0 **DARK OPTIMIST (20)** P Evans 9-2 **H Bentley** 84
5 (5) **DON'T JOKE (T)** M Johnston 9-2 **F Norton** 86
6 (6) 7 **FACT OR FABLE (11)** J S Moore 9-2 **C Shepherd** 85
7 (8) L **BROWN EYES BLUE (14)** J S Moore 8-11 **J Gordon** 85
8 (9) 4 **QUEENS ROAD (14)** W G M Turner 8-11 **R While** 84
9 (7) **WILLA** R Hannon 8-11 **S M Levey** 83

BLINKERS: No. 7 HOOD: No. 4.

SP FORECAST: 11-8 Zulu Zander, 5-2 Album, 6 Don't Joke, 13-2 Willa, 12 Queens Road, 16 Dark Optimist, 25 Fact Or Fable, 50 Contract Kid, 66 Brown Eyes Blue.

2.55 HANDICAP 3YO
£31,125 (2) 1m 3f 137yds (7)

1 (3) L11- ● **WEST END CHARMER (184) (C,F) (T)** M Johnston 9-7 **A Kirby** ★99
2 (1) 2421- **PABLO ESCOBARR (205)** W Haggas 9-6 **C Bishop** 86
3 (5) 51-1 **LIVING LEGEND (20) (T)** M Johnston 8-13 **F Norton** 87
4 (7) 3312- **FEARLESS WARRIOR (177)** R Beckett 8-11 **H Bentley** 94
5 (6) 521L- **JUST HUBERT (177)** W Muir 8-10 **M Dwyer** 88
6 (4) 521 **BLOOD EAGLE (17) (D)** A Balding 8-5 **Hayley Turner** 98
7 (2) 232-1 **ROBERT L'ECHELLE (105)** H Morrison 8-3 **K O'Neill** 89

TONGUE STRAP: No. 2.

SP FORECAST: 11-4 Pablo Escobarr, 4 West End Charmer, Living Legend, 9-2 Fearless Warrior, 7 Blood Eagle, 8 Robert L'Echelle, 14 Just Hubert.

TRACK FACTS: GOING: Good to Firm. Left Handed. **TOP TRACK JOCKEY (2014-19):** Adam Kirby 24% Strike rate. **TOP TRACK TRAINER (2014-19):** M Saunders 21% Strike rate. **FIRST TIME:** 2.20 Brown Eyes Blue (blinkers), Dark Optimist (hood), 3.30 Power of Darkness (wind surgery), 4.05 Come On Leicester (hood), Shumookhi (cheek pieces), 4.35 Hareeq (cheek pieces).

3.30 BETWAY HANDICAP
£31,125 (2) 1m (15)

1 (10) 830200- **TRICORN (181) (D) (T)** Mrs R Carr 5 9-10 **JP Sullivan** 84
2 (8) 1200-17 **ZWAYYAN (20) (D)** A Balding 6 9-10 **J Bryan(3)** 91
3 (15) 11-2423 **BREDEN (20) (D)** Mrs L Jewell 9 9-8 **D O'Neill** 93
4 (6) 41029-0 **WAARIF (20) (D) (T)** D O'Meara 6 9-8 **C McGovern(3)** 89
5 (14) 3L349-1 **PETRUS (20) (D,F)** B Meehan 4 9-7 **M Dwyer** 89
6 (12) 5246-09 **WAHASH (20) (D)** R Hannon 5 9-6 **S M Levey** 88
7 (13) 2/4112-D ● **SALUTE THE SOLDIER (34) (D)** C Cox 4 9-5 **A Kirby** ★99
8 (11) 3135-L4 **WAR GLORY (9) (D)** R Hannon 6 9-4 **S Cronin(5)** 87
9 (1) 245552 **MYTHICAL MADNESS (13) (D) (T)** D O'Meara 8 9-2 **T Eaves** 94
10 (4) 63/11- **POWER OF DARKNESS (296) (D)** M Tregoning 4 8-13 **H Turner** 85
11 (9) 42-4325 **MR TOP HAT (52)** P Evans 4 8-12 **H Bentley** 92
12 (5) 61421-6 **GHAYADH (44) (C&D)** S C Williams 4 8-12 **N Currie** 87
13 (7) 0213-18 **RAMPANT LION (20) (D)** W Jarvis 4 8-10 **C Shepherd** 87
14 (3) 657-65L **SEA FOX (48) (D)** P Evans 5 8-8 **J Fahy** 92
15 (2) 00145-9 **UTHER PENDRAGON (11) (D)** J S Moore 4 8-0 **I Francis(7)** 87

BLINKERS: No. 9 TONGUE STRAP: No. 12 CHEEK PIECES: Nos. 5, 13, 15.

SP FORECAST: 9-2 Petrus, 13-2 Zwayyan, 7 Salute The Soldier, Breden, 8 Power of Darkness, Rampant Lion, 10 Waarif, 12 Wahash, Mythical Madness, 16 Others.

4.05 STAKES (LISTED) (FILLIES AND MARES)
£31,190 (1) 5f 10yds (11)

1 (10) 41340-1 **GOLD FILIGREE (27) (D)** R Hughes 4 9-2 **S W Kelly** 93
2 (11) L52145- **MAID IN INDIA (160) (D)** E Alston 5 9-2 **T Eaves** 89
3 (2) L53119- **OCELOT (148) (D)** R Cowell 5 9-2 **D Costello** 85
4 (3) 1LL821- **ONE LAST NIGHT (143)** R Cowell 4 9-2 **S M Levey** 89
5 (1) 331161- **QUEEN OF DESIRE (213) (C&D)** R Varian 4 9-2 **J Mitchell** 94
6 (6) 128-261 **ROSE BERRY (8) (D)** C Wallis 5 9-2 **JP Sullivan** 89
7 (4) 305114- **BLAME ROBERTA (200) (D)** R Cowell 3 8-6 **H Turner** 87
8 (7) 28331-8 **COME ON LEICESTER (3) (D)** R Hannon 3 8-6 **K O'Neill** 88
9 (8) 21L-481 **FIZZY FEET (17) (D)** David Loughnane 3 8-6 **N Currie** 83
10 (5) 21208- **HEARTWARMING (174) (D)** C Cox 3 8-6 **J Gordon** 87
11 (9) 21526-9 ● **SHUMOOKHI (36) (D)** Archie Watson 3 8-6 **H Bentley** ★99

CHEEK PIECES: No. 11 HOOD: Nos. 6, 8.

SP FORECAST: 4 One Last Night, 5 Shumookhi, 11-2 Gold Filigree, 13-2 Queen Of Desire, 15-2 Maid In India, 8 Come On Leicester, 10 Others.

BEATEN FAVOURITES: 2.20 Album. 3.30 Rampant Lion(hcp), Salute The Soldier(hcp). 4.35 Given Choice(hcp), Meagher's Flag(hcp), Petrastar(hcp). **DRAW:** Low numbers are favoured in races up to a mile. **LONGEST TRAVELLER: Waarif** (3.30), **Tricorn** (3.30), **Mythical Madness** (3.30) 238 miles. **STABLE SWITCH:** 3.30 **Tricorn** from J Gosden to Mrs R Carr. 4.05 **One Last Night** from C&Y Lerner to R Cowell. 4.35 **Hareeq** from Sir M Stoute to R Hughes, **Meagher's Flag** from J S Bolger in Ireland to P Nicholls, **Rossetti** from N Mulholland to Miss N L-Beavis.

BATH SKYSPORTSRACING

THE SCOUT
1.50 The Cruising Lord
2.20 Zulu Zander
2.55 West End Charmer
3.30 Salute The Soldier
4.05 Shumookhi
4.35 Petrastar
5.05 The Daley Express

4.35 DRIBUILD GROUP HANDICAP
£5,322 (4) 1m 3f 137yds (11)

1 (2) 114133- **BAYSHORE FREEWAY (251) (C&D,F) (T)** M Johnston 4 9-10 **F Norton** 90
2 (8) 13447-2 **HOLLYWOOD ROAD (21) (D)** G L Moore 6 9-7 **H Crouch** 96
3 (5) 14-3314 **CRY WOLF (17) (D)** A Dunn 6 9-6 **J Bryan(3)** 94
4 (11) 321112- **JACBEQUICK (J113) (D)** D Pipe 8 9-6 **F Marsh(3)** 86
5 (9) 1412-15 **GIVEN CHOICE (91) (D)** S Crisford 4 9-5 **J Mitchell** 81
6 (1) 0/31026- **MEAGHER'S FLAG (246)** P Nicholls 4 9-5 **Megan Nicholls(5)** 88
7 (10) 1532- **HAREEQ (184) (F)** R Hughes 4 9-5 **S W Kelly** 85
8 (4) 222-9 ● **PETRASTAR (14)** C Cox 4 9-4 **A Kirby** ★99
9 (6) 7215/35- **BLEU ET NOIR (J208)** T Vaughan 8 8-6 **K O'Neill** 84
10 (3) 217L/85- **ROSSETTI (211) (D)** Miss N L-Beavis 11 8-2 **N Currie** 85
11 (7) 4L7199- **HELL OF A LADY (141) (D)** J Farrelly 5 8-2 **I Francis(7)** 79

VISOR: No. 4 TONGUE STRAP: No. 6 CHEEK: No. 7 HOOD: Nos. 9, 10.

SP FORECAST: 4 Bayshore Freeway, 9-2 Hareeq, 11-2 Given Choice, 6 Jacbequick, 7 Meagher's Flag, 15-2 Petrastar, 8 Hollywood Road, Cry Wolf, 25 Others.

5.05 INSPIRE RACING CLUB HANDICAP
£5,322 (4) 5f 10yds (10)

1 (1) 3116-26 **LITTLE BOY BLUE (41) (C,D)** W G M Turner 4 9-7 **R While(5)** 91
2 (9) 0921-21 **ACCLAIM THE NATION (80) (D)** E Alston 6 9-7 **T Eaves** 94
3 (4) 60768-2 ● **THE DALEY EXPRESS (4) (C&D)(S)** R Harris 5 9-6 **F Norton** ★99
4 (6) 207256- **WASEEM FARIS (146) (C,D)** K C-Brown 10 9-4 **C Noble(3)** 89
5 (5) 3527-98 **BUNGEE JUMP (22)** G Harris 4 9-2 **M Nicholls(5)** 87
6 (8) 156528- **SECRETFACT (169) (C&D)** M Saunders 6 8-13 **S W Kelly** 86
7 (7) 562430- **DELAGATE THIS LORD (205) (C&D)** M Attwater 5 8-12 **J F Egan** 88
8 (2) 38930-L **BAHAMIAN SUNRISE (17) (D)** J Gallagher 7 8-11 **T Ladd(5)** 93
9 (10) 194-173 **UNION ROSE (24) (C&D)** R Harris 7 8-9 **K O'Neill** 97
10 (3) 7189L4- **POWERFUL DREAM (200) (C&D)** R Harris 6 8-7 **R Da Silva** 87

BLINKERS: No. 8 CHEEK PIECES: Nos. 2, 9, 10 HOOD: Nos. 1, 6.

SP FORECAST: 11-4 The Daley Express, 7-2 Acclaim The Nation, 13-2 Little Boy Blue, 7 Union Rose, 15-2 Waseem Faris, 10 Others.

Main picture: TIM GOODE

Cahill's rocket launcher

By **Hector Nunns**

JAMES CAHILL has come a long way since getting a drink-driving ban early in his career.

The 23-year-old, the first amateur to reach the Crucible, is the nephew by marriage of seven-time world champion Stephen Hendry.

And Cahill, who fell off the tour two years ago, has landed the plum first-round draw against five-time winner 'Rocket' Ronnie O'Sullivan at the World Championship.

The Blackpool player, who has won back his pro status for next season, admits he lacked maturity during his first spell in the paid ranks.

The low point came when he drove to a police station in Perth, where Hendry's son Blaine had been stopped for drink-driving, and then failed a test himself.

That 2015 incident led to a year's ban and Cahill said: "It wasn't the best thing to happen but like everything in life you have to learn from it.

"I didn't know the law was different in Scotland, it is lower than England, and the police told me my level would have passed at home.

"But ignorance is no defence and I should have known. I couldn't drive for a year and that made it hard to practise. My life feels better and more together now with a lot of good people around me. I first got on tour when I was 17 and I am sure I am more mature now both as a player and a person. You have to learn your trade as a snooker player. I wasn't ready as a teenager."

There was also a major scare during his three qualifiers, with his home Stephen Hendry club in Preston trashed. Cahill said: "We have never had any problems before at the club, but there was a break-in a few days ago.

"They also smashed up the office, it was a real mess and my cue was in there. Luckily no one was harmed, and only money was taken.

"But it was amazing my cue wasn't damaged or stolen, a miracle really. I always leave it there.

"This was literally the day before my second qualifier and I was so relieved the cue was OK. When I fell off the tour two years ago I had about seven months off. I just needed a bit of a break from playing and it did me a lot of good.

"I came back to Q-School and wasn't really sharp enough, and fell at the last hurdle a couple of times. But this year I have done well enough to get back on for next season.

"I have worked really hard and ironically practised more than I ever did before."

DREAM DRAW: Amateur James Cahill will take on Ronnie O'Sullivan, below, in his Crucible opener

FIRST-ROUND DRAW

Mark Williams (Wal) v Martin Gould (Eng)	Mark Selby (Eng) v Zhao Xintong (Chi)
David Gilbert (Eng) v Joe Perry (Eng)	Luca Brecel (Bel) v Gary Wilson (Eng)
Barry Hawkins (Eng) v Li Hang (Chi)	Jack Lisowski (Eng) v Ali Carter (Eng)
Kyren Wilson (Eng) v Scott Donaldson (Sco)	Mark Allen (NI) v Zhou Yuelong (Chi)
John Higgins (Sco) v Mark Davis (Eng)	Judd Trump (Eng) v Thepchaiya Un-Nooh (Tha)
Stuart Bingham (Eng) v Graeme Dott (Sco)	Ding Junhui (Chi) v Anthony McGill (Sco)
Shaun Murphy (Eng) v Luo Honghao (Chi)	Stephen Maguire (Sco) v Tian Pengfei (Chi)
Neil Robertson (Aus) v Michael Georgiou (Cyp)	Ronnie O'Sullivan (Eng) v James Cahill (Eng)

PAUL NICHOLLS became only the third trainer to saddle 3,000 winners over jumps after Kupatana landed the EBF Mares' Chase at Cheltenham yesterday.

Nicholls, on the brink of an 11th trainers' championship, joins Martin Pipe and Nicky Henderson in reaching this historic landmark.

Pipe holds the record for training the most jump winners with 3,930 winners. Nicholls, 57, said: "We won't be slowing up – we'll try to get to the 4,000-winner mark now!"

Nicholls embarked on a training career in 1991. His victories include the 2012 Grand National with Neptune Collonges and four Cheltenham Gold Cups, famously with Kauto Star in 2007 and 2009.

1.40 CONDITIONS STAKES 2YO £12,938 (Class 2) 5f (10 dec)

1 (7) 1 **CHASANDA (11) (D,T)** P Evans 9 1 ..... **C Hardie**
2 (6) **1** ● **LADY KERMIT (16) (D,F,T)** A Watson 9 1 ..... **P Mulrennan**
3 (3) **MACHO TOUCH** K Burke 8 12 ..... **Ben Curtis**
4 (1) **MIA DIVA** J J Quinn 8 12 ..... **J Hart**
5 (10) **MIGHTY SPIRIT** R Fahey 8 12 ..... **P J McDonald**
6 (4) **MONEYBALL** K Dalgleish 8 12 ..... **T Hamilton**
7 (8) **NORTHERN GRACE** B Ellison 8 12 ..... **B Robinson**
8 (2) **PENMELLYN** Phillip Makin 8 12 ..... **S James**
9 (9) **SIENA BAY** T Easterby 8 12 ..... **D Allan**
10 (5) **STARS IN THE NIGHT** K Ryan 8 12 ..... **K Stott**

HOOD: No. 8.

W-F: Lady Kermit (99); Chasanda (86); Stars In The Night (83).

SP FORECAST: 5-4 Lady Kermit, 7-2 Chasanda, 6 Mighty Spirit, 10 Stars In The Night, 12 Macho Touch, 16 Others.

2.10 NOVICE STAKES (PLUS 10) 3YO £9,704 (3) 5f (11)

1 (10) 51- **APLOMB (186) (F,T)** W Haggas 9 8 ..... **G Sanna(7)**
2 (6) 31- ● **ROCKET ACTION (148) (C&D,T)** R Cowell 9 8 ..... **G Mosse**
3 (4) 35-2 **EXALTED ANGEL (38)** K Burke 9 2 ..... **Ben Curtis**
4 (5) 5 **KODI KING (19)** K Burke 9 2 ..... **L Edmunds**
5 (7) **325 OLYMPIC SPIRIT (38)** T D Barron 9 2 ..... **P J McDonald**
6 (11) **SHOW ME A SUNSET** R Fahey 9 2 ..... **T Hamilton**
7 (8) **3-** **LUFRICIA (200)** R Varian 8 11 ..... **A Atzeni**
8 (2) **PICCUPAPROSECCO** D Shaw 8 11 ..... **P Mathers**
9 (1) 0- **SHALL WE BEGIN (246)** M W Easterby 8 11 ..... **N Evans**
10 (3) 28- **SKEETAH (189)** J J Quinn 8 11 ..... **J Hart**
11 (9) **2** **SOUND OF IONA (25)** J Goldie 8 11 ..... **P Dennis**

CHEEK PIECES: No. 3.

W-F: Rocket Action (99); Sound Of Iona (98); Exalted Angel (94).

SP FORECAST: 3 Rocket Action, 7-2 Aplomb, 4 Lufricia, 13-2 Exalted Angel, 7 Show Me A Sunset, 12 Others.

2.45 SUNRACING.CO.UK H'CAP £6,728 (4) 7f 14yds(14) ITV4

1 (1) 528- **TWIN APPEAL (164) (D)** Mrs K Tutty 8 10 0 ..... **S Gray**
2 (9) **365** **SCOFFLAW (14) (D,T)** P Evans 5 9 11 ..... **C Hardie**
3 (4) 21-0 **FIRST RESPONSE (19)** Mrs L Stubbs 4 9 11 ..... **T Hamilton**
4 (7) 438- **CHAPLIN BAY (182) (C&D)** Mrs R Carr 7 9 9 ..... **J Garritty**
5 (14) 51-5 **DUBAI ACCLAIM (107) (C)** R Fahey 4 9 8 ..... **S Woods(5)**
6 (10) **212** **CHOSEN WORLD (28) (C&D,F)** J Camacho 5 9 7 ..... **P Mulrennan**
7 (3) 093- **OUR CHARLIE BROWN (171) (D)** T Easterby 5 9 4 ..... **D Allan**
8 (12) L-**L1** **TIERCEL (28) (C&D)** Rebecca Bastiman 6 9 4 ..... **L Edmunds**
9 (13) 00-**L IRISH MINISTER (28)** D Thompson 4 9 2 ..... **Ben Curtis**
10 (8) **593** **TESTA ROSSA (21) (C,D)** J Goldie 9 9 2 ..... **C Madden(7)**
11 (11) 015- **ETIKAAL (121) (C&D)** G Tuer 5 9 2 ..... **S James**
12 (6) **121** **INSURPLUS (21) (C&D)** J Goldie 6 9 0 ..... **P Dennis**
13 (2) 327- **DESERT LANTERN (187)** M Johnston 3 8 13 ..... **P J McDonald**
14 (5) 32-3 ● **GLOBAL WARNING (20)(T)** E Dunlop 3 8 12 ..... **G Mosse**

BLINKERS: No. 10 VISOR: No. 2 CHEEK PIECES: No. 6.
W-Factor: Global Warning (99); Irish Minister (96); Scofflaw (94).

SP FORECAST: 7-2 Chosen World, 5 Tiercel, 13-2 Global Warning, 10 Etikaal, Insurplus, 12 Twin Appeal, Testa Rossa, Dubai Acclaim, Our Charlie Brown, Scofflaw, 14 Others.

TRACK FACTS: GOING: Standard. Left Handed. **FIRST TIME:** 1.40 Penmellyn (hood), 2.10 Exalted Angel (cheek pieces), 4.25 Fox Fearless (cheek pieces). **LONGEST TRAVELLER: Creationist** (3.20) & **Forbidden Planet** (3.55) 313 miles.

2.45 GUIDE: Chosen World is a triple C&D scorer already and he looks sure to be in the shake-up again, while **Insurplus** (1m) and **Tiercel** (7f) are other recent track winners to note. However, lurking at the foot of the weights, **GLOBAL WARNING** could prove difficult to beat. Receiving the weight-for-age allowance on his handicap debut will be a massive help and he showed that he has improved from two to three years when third at Kempton (7f, Pol) late last month.

3.20 STAKES (LISTED) 3YO £56,710 (1) 1m 5yds (12) ITV4

1 (8) 11- **ANTAGONIZE (271) (C)** B Smart 9 2 ..... **G Lee**
2 (3) 1- **BAYROOT (179)(T)** R Varian 9 2 ..... **A Atzeni**
3 (1) **3-11** **CREATIONIST (77) (C&D,T)** R Charlton 9 2 ..... **J Watson**
4 (9) L1-1 **DAARIK (20) (C,T)** J Gosden 9 2 ..... **J Crowley**
5 (2) 22L- **DARK JEDI (194)(T)** C Hills 9 2 ..... **Ben Curtis**
6 (4) 6- **DARK LOCHNAGAR (172)** K Dalgleish 9 2 ..... **G Mosse**
7 (5) **12** **EBURY (13) (D,F,T)** M Meade 9 2 ..... **R Hornby**
8 (7) 132- **FOX POWER (175)(T)** R Hannon 9 2 ..... **S De Sousa**
9 (10) 162- **INSANDI (222)(T)** W Haggas 9 2 ..... **Doubtful**
10 (11) 1- **MAGIC J (213) (F,T)** E Vaughan 9 2 ..... **P Cosgrave**
11 (6) 40-5 ● **MARIE'S DIAMOND (9) (F)** M Johnston 9 2 ..... **P J McDonald**
12 (12) 43L- **POGO (201)(T)** C Hills 9 2 ..... **P Mulrennan**

W-F: Marie's Diamond (99); Bayroot (98); Creationist (98).

SP FORECAST: 11-4 Daarik, 11-2 Magic J, 7 Marie's Diamond, Dark Jedi, 8 Fox Power, Ebury, 10 Creationist, Bayroot, 16 Others.

GUIDE: DAARIK has done nothing but improve in three starts thus far and, entitled to improve for his comeback novice stakes victory at Kempton (7f, Pol) late last month, he could take this class rise in his stride. **Marie's Diamond** performed well in Group 3 company at Maisons-Laffitte (7f, gd-sft) earlier this month and is likely to figure prominently if running to his official rating of 108, with **Magic J** and **Dark Jedi** others to keep an eye on.

3.55 HANDICAP £54,986 (2)1m 4f 98yds(14) ITV4

1 (3) 123 **DESERT FIRE (50)** S bin Suroor 4 9 7 ..... **P Cosgrave**
2 (12) 1L-**4** **ISLAND BRAVE (20) (C&D,T)** Mrs H Main 5 9 7 ..... **S McCullagh(7)**
3 (4) 152- **BUZZ (151) (D,F,T)** H Morrison 5 9 6 ..... **C Bennett**
4 (10) 31- **BAGHDAD (302) (D)** M Johnston 4 9 5 ..... **P J McDonald**
5 (11) 0**04/SEAMOUR (J548) (D)** B Ellison 8 9 3 ..... **B Robinson(3)**
6 (6) 02-2 **AL HAMDANY (9) (D,T)** M Botti 5 9 3 ..... **G Mosse**
7 (5) 31-2 **BARTHOLOMEU DIAS (13) (D,T)** C Hills 4 9 1 ..... **A Atzeni**
8 (13) 137- **SHAILENE (216)** A Balding 4 9 1 ..... **W Cox(3)**
9 (14) **121** ● **FORBIDDEN PLANET (20)(T)(S)** R Charlton 4 9 0 ..... **T Greatrex(5)**
10 (8) 510- **LADY BERGAMOT (195) (C,D,T)** J Fanshawe 5 8 13 ..... **G Wood**
11 (9) 171- **BIG KITTEN (148) (C,T)** W Haggas 4 8 12 ..... **J Crowley**
12 (2) 1/1-4 **SHOWROOM (14)** M Johnston 4 8 11 ..... **S De Sousa**
13 (7) 412- **ASHINGTON (237) (D)** J J Quinn 4 8 11 ..... **J Hart**
14 (1) 13L- **DAAWY (148)** Roger Fell 5 8 10 ..... **Ben Curtis**

CHEEK PIECES: No. 13.

W-F: Forbidden Planet (99); Al Hamdany (98); Buzz (97).

SP FORECAST: 4 Forbidden Planet, 6 Buzz, 7 Big Kitten, Baghdad, Desert Fire, 10 Shailene, 12 Bartholomeu Dias, 14 Showroom, Ashington, Island Brave, Al Hamdany, Lady Bergamot, 25 Others.

BEATEN FAVOURITES: 2.10 Exalted Angel, Lufricia. 2.45 Chosen World(hcp). 3.20 Ebury. 3.55 Buzz(hcp), Desert Fire(hcp), Seamour(hcp hdl), Shailene. 4.25 Bo Samraan(hcp).

TOP TRACK TRAINER (2014-19): R Fahey 13% Strike rate

NEWCASTLE SSR

JACKPOT: www.totepoolliveinfo.com

THE SCOUT

1.40 Lady Kermit
2.10 Rocket Action
2.45 Global Warning
3.20 Marie's Diamond
3.55 Forbidden Planet
4.25 Smarter
4.55 Key To Power

SCOTTISH EXPRESS: 1.40 **LADY KERMIT (nap)**

3.55 GUIDE: Buzz ended last season with a cracking placed effort at Kempton (1m3f, Pol) and he warrants plenty of respect returning off 1lb higher, but race-fitness could give **FORBIDDEN PLANET** the edge. He made it three wins from his last four starts when scoring impressively at Kempton (1m3f, Pol) late last month and ought to remain competitive with Thomas Greatrex's valuable claim negating the majority of his 7lb rise. **Desert Fire** also merits consideration now back from Dubai.

4.25 LADBROKES ODDS BOOST HCAP 3YO £6,728 (4) 1m 4f 98yds (5)

1 (5) **123** **GANTIER (22)(T)** J Gosden 9 6 ..... **J Crowley**
2 (3) **6-71** ● **SMARTER (15) (D,F,T)** W Haggas 9 3 ..... **Ben Curtis**
3 (4) 22-3 **FOX FEARLESS (14)** K Burke 9 3 ..... **S De Sousa**
4 (1) **337** **ALLOCATOR (20)(T)** R Hannon 9 2 ..... **Rossa Ryan**
5 (2) 64-3 **BO SAMRAAN (9)** M Johnston 9 2 ..... **P J McDonald**

BLINKERS: No. 1 CHEEK PIECES: No. 3.

W-Factor: Smarter (99); Gantier (95); Bo Samraan (95).

SP FORECAST: 11-8 Smarter, 11-4 Gantier, 4 Bo Samraan, 7 Fox Fearless, 10 Allocator.

4.55 BETWAY HANDICAP £6,728 (4) 5f (13)

1 (7) 100- **HENLEY (189) (C&D)** Miss T Waggott 7 10 5 ..... **Ben Curtis**
2 (4) **318** **ANOTHER ANGEL (15) (C&D)** A Brittain 5 9 12 ..... **K Schofield(7)**
3 (11) **141-** **BURFORD BROWN (192) (C,F,T)** R Cowell 4 9 12 ..... **G Mosse**
4 (5) **2LL** **DYNAMO WALT (15) (C&D)** D Shaw 8 9 12 ..... **P Mathers**
5 (3) 420- **BASHIBA (184) (D)** N Tinkler 8 9 9 ..... **R Scott(3)**
6 (10) 24-9 **LITTLE LEGS (6) (C&D)** B Ellison 3 9 9 ..... **B Robinson(3)**
7 (12) **52-6** **JUSTICE LADY (50) (D,T)** R Cowell 6 9 8 ..... **Doubtful**
8 (1) **175** **TATHMEEN (21) (C&D)** A Brittain 4 9 7 ..... **C Hardie**
9 (6) **5-L7** **ORIENTAL LILLY (17) (C&D)** J Goldie 5 9 6 ..... **J Gormley(3)**
10 (9) LLL- **MARIETTA ROBUSTI (224) (D)** Mrs S Barclay 4 9 5 ..... **J Garritty**
11 (13) **665** **LANDING NIGHT (73) (C&D)** R Menzies 7 9 4 ..... **P J McDonald**
12 (2) **132** **JAN VAN HOOF (21) (C&D)** M Herrington 8 9 3 ..... **B McHugh**
13 (8) **123** ● **KEY TO POWER (36) (D)** M Johnston 3 8 11 ..... **A Breslin(5)**

VISOR: No. 4 TONGUE STRAP: No. 11 CHEEK PIECES: No. 11.
W-Factor: Key To Power (99); Jan Van Hoof (98); Landing Night (95).

SP FORECAST: 7-2 Burford Brown, 11-2 Key To Power, 6 Jan Van Hoof, Landing Night, 13-2 Another Angel, 8 Tathmeen, 10 Bashiba, Little Legs, 20 Others.

STABLE SWITCH: 3.20 **Insandi** from C Laffon-Parias in France to W Haggas. 3.55 **Ashington** from L Cumani to J J Quinn. 4.55 **Burford Brown** from H Palmer to R Cowell. **TOP TRACK JOCKEY (2014-19):** P J McDonald 11% Strike rate. **DRAW:** No data availiable for the All-Weather track

RESULTS

CHELMSFORD CITY: Standard

5.25–COPACABANA DANCER (J Watson, 5-1) 1; What A Business (25-1) 2; Gracie's Girl (25-1) 3. 10 ran. 1½l, 1l. (J Tuite; 15-8 fav Frida Kahlo). Tote: £6.50; pl £2.30, £5.40, £4.70. exacta: £151.00. trifecta: £1966.90. CSF: £127.42. Non-runner: Village Rock.

6.00–FULL INTENTION (J Mitchell, 10-1) 1; Coverham (7-1) 2; Gunmaker (4-1 fav) 3. H'cap 15 ran. shd, 1l. (Mrs L Pearce). Tote: £10.30; pl £3.50, £2.60, £1.80. exacta: £106.80. tricast: £344.62. trifecta: £568.70. CSF: £79.29.

6.30–GLENN COCO (P J McDonald, 3-1) 1; Oaroun (2-1 fav) 2; Rogue (50-1) 3. H'cap 10 ran. ¾l, 1l. (S C Williams). Tote: £3.70; pl £1.10, £1.20, £18.10. exacta: £12.40. tricast: £251.85. trifecta: £246.80. CSF: £9.44.

7.00–LEXINGTON EMPIRE (D Muscutt, 15-8 fav) 1; Juanito Chico (8-1) 2; Michele Strogoff (4-1) 3. H'cap 7 ran. 4½l, ¾l. (D Lanigan). Tote: £2.60; pl £1.70, £3.20. exacta: £17.20. tricast: £55.44. trifecta: £83.60. CSF: £18.53. Non-runner: Shareef Star.

7.30–ADMIRAL ROOKE (T Ladd, 7-2 jt fav) 1; Always Amazing (5-1) 2; Spenny's Lass (6-1) 3. H'cap 12 ran. 3½l, ½l. (M Appleby; 7-2 jtfav Precious Plum). Tote: £4.20; pl £1.70, £2.50, £2.10. exacta: £29.20. tricast: £108.74. trifecta: £159.30. CSF: £21.92.

8.00–LORD LAMINGTON (F Norton, 2-1 2nd fav) 1; Tigray (16-1) 2; Surrey Warrior (4-1) 3. H'cap 4 ran. 3l, 4½l. (M Johnston; 5-6 fav Seeusoon). Tote: £2.80; exacta: £18.40. trifecta: £53.00. CSF: £22.30.

8.30–MEHDAAYIH (R Havlin, 1-4 fav) 1; Cafe Espresso (9-4 2nd fav) 2; H'cap 2 ran. 14l. (J Gosden). Tote: £1.10; Non-runner: Frisella.

Placepot: £221.70 Quadpot: £10.10

CHELTENHAM: Good

2.05–INDEFATIGABLE (G Sheehan, 5-4 fav) 1; The Cull Bank (6-4 2nd fav) 2; Our Dot's Baby (13-2) 3. 4 ran. 10l, 2½l. (P Webber). Tote: £1.90; exacta: £3.40. trifecta: £6.70. CSF: £3.48. Non-runners: Diamond Gait, Posh Trish.

2.40–KUPATANA (H Cobden, 2-1 fav) 1; Little Miss Poet (4-1 2nd fav) 2; Black Tulip (11-2) 3. H'cap 7 ran. 1¼l, 9l. (P Nicholls). Tote: £2.80; pl £1.70, £2.10. exacta: £8.40. trifecta: £51.60. CSF: £10.58.

3.15–SUNSHADE (N De Boinville, 14-1) 1; Agusta Gold (11-2 jt 2nd fav) 2; Inessa (8-1) 3; Talent To Amuse (40-1) 4. H'cap 16 ran. 3½l, 2½l, 1½l. (N Henderson; 4-1 fav Late Night Lily). Tote: £10.90; pl £2.20, £1.80, £2.40, £10.20. exacta: £105.20. tricast: £683.67. trifecta: £1060.10. CSF: £86.75.

3.50–GOODNIGHT CHARLIE (Bridget Andrews, 11-2) 1; The Wicket Chicken (7-1) 2; Molly Childers (4-1 jt fav) 3. H'cap 8 ran. 6l, ½l. (C Fryer; 4-1 jtfav Cabaret Queen). Tote: £6.00; pl £1.80, £2.60, £1.60. exacta: £41.20. tricast: £169.92. trifecta: £218.00. CSF: £42.71.

4.25–HAVINGAGOODTIME (Rachael Blackmore, 3-1 fav) 1; Via Delle Volte (10-1) 2; So Enjoy (14-1) 3. H'cap 10 ran. 18l, 4½l. (H De Bromhead (IRE)). Tote: £3.10; pl £1.30, £2.90, £4.10. exacta: £31.80. tricast: £362.13. trifecta: £220.30. CSF: £32.53. Non-runner: Miranda.

4.55–NORTHERN BEAU (R McLernon, 11-1) 1; Happy Diva (5-2 fav) 2; Whatduhavtoget (11-4 2nd fav) 3. H'cap 6 ran. ½l, ¾l. (M Scudamore). Tote: £10.00; pl £3.90, £1.30. exacta: £35.20. trifecta: £99.20. CSF: £37.84.

5.30–MYSTIC DREAMER (L Aspell, 11-2) 1; Floressa (3-1 fav) 2; Yeavering Belle (9-1) 3. 15 ran. ½l, 1l. (N Gifford). Tote: £5.90; pl £3.50, £2.20, £1.70. exacta: £29.10. trifecta: £227.50. CSF: £22.01. Non-runners: Agent Valdez, Sopat, Strike The Flint.

Jackpot: Not won, pool of £6,183.12 carried over.

Placepot: £151.90 Quadpot: £45.80

NEWMARKET: Good to firm–good in places

1.50–FAR ABOVE (P J McDonald, 11-8 fav) 1; Franz Kafka (13-8 2nd fav) 2; Qutob (8-1) 3. 14 ran. hd, 3½l. (J Tate). Tote: £2.20; pl £1.10, £1.20, £2.20. exacta: £4.30. trifecta: £16.50. CSF: £3.25. Non-runners: Aluqair, Dutch Story.

2.25–WELL OF WISDOM (William Buick, 5-1) 1; Electrical Storm (7-1) 2; City Walk (12-1) 3. 8 ran. ½l, 1½l. (C Appleby; 2-1 fav Strong Power). Tote: £5.00; pl £1.70, £2.00, £2.00. exacta: £27.40. trifecta: £137.10. CSF: £37.50.

3.00–FOX CHAMPION (S De Sousa, 5-2 2nd fav) 1; Double Kodiac (25-1) 2; Almutfi (4-1) 3. 7 ran. 1¼l, 2¼l. (R Hannon; 11-8 fav Almashriq). Tote: £2.80; pl £1.40, £7.70. exacta: £49.90. trifecta: £153.60. CSF: £52.93.

3.35–BERINGER (A Atzeni, 4-1 2nd fav) 1; Power of Darkness (7-1) 2; Sawwaah (9-4 fav) 3. H'cap 8 ran. hd, 1l. (A King). Tote: £4.70; pl £1.50, £2.10, £1.30. exacta: £16.40. tricast: £76.07. trifecta: £40.20. CSF: £30.88.

4.10–ZABEEL PRINCE (A Atzeni, 9-2 co fav) 1; Forest Ranger (13-2) 2; Mustashry (10-1) 3. 10 ran. 2½l, 1l. (R Varian; 9-2 cofav Elargam, 9-2 cofav Vintager). Tote: £5.50; pl £1.80, £1.30, £3.70. exacta: £33.30. trifecta: £206.80. CSF: £32.50. Non-runner: Chilean.

4.45–MUBTASIM (William Buick, 5-2 jt fav) 1; On the Warpath (5-2 jt fav) 2; Presidential (16-1) 3. H'cap 10 ran. 1l, 1½l. (C Appleby). Tote: £3.00; pl £1.30, £1.50, £4.80. exacta: £9.90. tricast: £78.77. trifecta: £80.00. CSF: £7.90. Non-runner: War Glory.

5.20–ORNATE (P Dennis, 10-1) 1; Roman River (6-1) 2; Open Wide (5-1 2nd fav) 3. H'cap 11 ran. hd, 1l. (D C Griffiths; 5-2 fav Abel Handy). Tote: £9.50; pl £2.80, £2.30, £2.10. exacta: £72.40. tricast: £340.68. trifecta: £462.50. CSF: £65.94. Non-runner: Foxy Forever.

Placepot: £39.30 Quadpot: £10.80

RIPON: Good-good to firm in places

2.15–GREAT DAME (D Tudhope, 9-1) 1; Unite Grace (16-1) 2; Hurstwood (6-1) 3. 8 ran. 2½l, ½l. (D O'Meara; 9-4 fav Bare All). Tote: £8.60; pl £2.20, £3.30, £2.00. exacta: £124.60. trifecta: £494.60. CSF: £137.49. Non-runner: Spirit Of The Sky.

2.50–LADY CALCARIA (D Fentiman, 40-1) 1; Staycation (7-1) 2; Fume (7-1) 3. H'cap 14 ran. 1l, 1½l. (T Easterby; 7-2 fav Sundiata). Tote: £62.70; pl £14.40, £2.50, £2.90. exacta: £487.10. tricast: £2296.30. trifecta: £1853.20. CSF: £293.08.

3.25–BOSSIPOP (D Allan, 9-1) 1; Zumurud (25-1) 2; Cartmell Cleave (18-1) 3. H'cap 13 ran. nk, ½l. (T Easterby; 2-1 fav Kupa River). Tote: £6.30; pl £2.20, £11.50, £5.70. exacta: £256.40. tricast: £4027.25. trifecta: £1631.40. CSF: £225.17.

4.00–EPAULEMENT (R Kingscote, 15-8 fav) 1; Poet's Prince (17-2) 2; Everything For You (8-1) 3. H'cap 10 ran. ½l, 1l. (T Dascombe). Tote: £2.30; pl £1.20, £2.70, £2.70. exacta: £17.80. tricast: £100.89. trifecta: £159.30. CSF: £18.19. Non-runner: Scottish Summit.

4.35–DIVINITY (C Lee, 10-1) 1; Alkaamel (4-1 co fav) 2; Hesslewood (4-1 co fav) 3. H'cap 10 ran. 1l, ¾l. (K Burke; 4-1 cofav Ideological). Tote: £12.40; pl £3.50, £1.50, £1.80. exacta: £51.50. tricast: £195.06. trifecta: £277.80. CSF: £50.50.

5.10–SIR RON PRIESTLEY (J Fanning, 4-9 fav) 1; Babbo's Boy (9-2 2nd fav) 2; Arthur Pendragon (9-1) 3. 7 ran. 6l, 3½l. (M Johnston). Tote: £1.40; pl £1.10, £2.00. exacta: £2.90. trifecta: £9.00. CSF: £3.03. Non-runner: Soft Summer Rain.

5.45–CANFORD BAY (K Schofield, 15-2) 1; Nibras Again (9-1) 2; Wrenthorpe (9-2 fav) 3. H'cap 11 ran. 1l, 2½l. (A Brittain). Tote: £6.80; pl £2.30, £3.20, £2.10. exacta: £86.00. tricast: £349.37. trifecta: £759.20. CSF: £74.57. Non-runner: Lydiate Lady.

Placepot: £1,684.20 Quadpot: £42.30

Main picture: ALLAN McKENZIE

Teen pair will handle the heat of Hull derby

HULL FC V HULL KR
KICK-OFF: 12.45pm SKY SPORTS

By **Gareth Walker**

JAKE CONNOR has backed young guns Connor Wynne and Jack Brown to thrive if they are thrown into the pressure cooker of today's Hull derby.

Brown, right, and Wynne, both 18, made their Hull FC debuts in recent weeks and starred in Saturday's dramatic golden-point win at Catalan Dragons.

They have kept their place in Lee Radford's 19-man squad for the clash with Hull KR and England international Connor says the duo can step up again.

"Without a doubt they can cope," he said. "I didn't know much of Connor before this year but I know he'll have a dig. I've seen Jack before and I know what he's about. He might not be the biggest but he's a tough lad.

"You know what you're going to get from the young lads, they bring loads of energy and are not scared of making a mistake."

Connor, right, is eager to earn revenge for his side's last-gasp opening-night defeat at Rovers.

He said: "It was a pretty close game and they nicked it at the end which is disappointing. They're a good team and have world-class players, but this week has to be all about us.

"We've been building up to this to get a bit of consistency into our game and get on a good run. We've got one of the toughest Easter periods but we're raring to go."

Elsewhere, Leeds Rhinos will look to end their dreadful start to the season at home to Huddersfield, while Salford visit Warrington.

And Sky Sports commentator Eddie Hemmings will call the final game of his career when Wigan host St Helens.

IN THE CLEAR: Aston earns the Tigers' fourth try

Tigers hang on in thriller

CASTLEFORD 28
WAKEFIELD 26

By **Trevor Baxter**

CASTLEFORD survived a last-quarter fightback before holding on to post a 12th successive win over their derby rivals.

Daryl Powell's side, with only their second victory in five matches, were in cruise control leading 28-8 after 56 minutes. But Trinity fought back with three converted tries in the final 20 minutes before coming up just short

Four tries in a blistering 13-minute spell helped put Tigers 22-4 in front at half-time.

It could have been worse for Wakefield but full-back Peter Mata'utia missed two penalties before the break that would have left the visitors four scores behind.

However, injury-hit Trinity still had a mountain to climb to take bragging rights. And having lost three of their previous four games, the Tigers were in no mood to relinquish their advantage. Winger James Clare touched down after 11 and 19 minutes, with Jesse Sene-Lefao and Super League debutant Cory Aston crossing in the 16th and 24th minutes.

Prop Sene-Lefao played no further part in the contest though, suffering a suspected dislocated shoulder as he reached out for the line.

For Aston, son of Sheffield Eagles coach, Mark, it was a moment to savour. The half-back's previous game was a League One appearance for Newcastle Thunder against Oldham. So he relished diving over for his first try in Super League after a storming run from home debutant, Daniel Smith.

Greg Eden had another effort disallowed for a foot in touch before Trinity finally discovered a cutting edge. Former Toronto flyer Mason Caton-Brown, re-signed for a second spell due to Wakefield's crippling injuries, produced a spectacular finish to give the visitors hope.

Mata'utia had failed with only one of his 11 shots at goal since taking on the kicking duties. But it was three misses from three when he failed to convert Greg Minikin's 47th-minute try that extended Tigers' lead to 26-4. Trinity would not go away and Caton-Brown – playing his first game of rugby league since last season's Million Pound game, caught and grounded a kick to score in the corner.

Mata'utia's 56th-minute penalty put Cas 28-8 ahead but Trinity stormed back into contention with 18 points in nine minutes.

Former Tiger Joe Arundel started the fightback after 62 minutes while Ben Reynolds, who made a Super League debut for Cas in 2013, marked his latest top-flight debut by touching down five minutes later. Tinirau Arona's try and Ryan Hampshire's third successive conversion left Tigers clinging to a 28-26 lead with nine minutes left.

❒ SAM TOMKINS bagged 19 points as Catalan Dragons inflicted a fifth straight defeat on the London Broncos with a 39-6 result. Centre Matt Whitley also touched down in both halves in a comprehensive win for Steve McNamara's side.

TRY TIME: Castleford's Sene-Lefao finds the line

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Picture: HENRY BROWNE

UPBEAT: Ojo is looking forward to renewing Premiership rivalries

Old pro Ojo not ready to slow down

By **Neil Squires**

TOPSY OJO has his sights set on being the oldest winger in town. He turns 34 this summer and has played a record 300 matches for London Irish, but still his appetite for top-level rugby is not sated.

If Irish come back up from the Championship – and the Exiles will secure promotion with a game to spare by beating bottom-of-the-table Richmond today – the former England wing has not ruled out a last hurrah in the Premiership next season.

A decision to sign up for another year would lend a counterweight to the flow of early retirements and give David Strettle a run for his money as the elder statesman of the Premiership's open spaces.

"I haven't completely finalised my plans yet. I still need to decide definitively what the plan is for next season," said Ojo. "To get to 300 games was a hugely proud moment for me but I want to keep going to as many as I can rack up.

> "I've been able to maintain my speed"

"It has been a good season from a personal point of view. I've been fit and healthy and enjoyed it so we'll see.

"The thing I have been most pleased with is being able to maintain my speed. The common trait is that you lose speed as you get older but I'm keeping the young boys on their toes.

"The job is to get promoted first and then decide what is best from there."

The landing from falling out of the Premiership is a heavy one but Irish have licked their wounds, swallowed their pride and rolled their sleeves up in the Championship.

Rising from the dead on Good Friday may not quite work religiously but the timing would be perfect for Irish today as it would spare them the stress of a last-day shoot-out with their nearest rivals, Ealing.

"We've almost had a target on our backs this season. Every team seems to have played their best game against us," said Ojo. "But if I was to compare the two leagues, the Premiership is full-on for 80 minutes; in the Championship, games start off at a frenetic pace but it isn't maintained. There are bigger dips.

"The focus has definitely been these games, but in the hope that we can come across a style we can take to the Premiership next season. We've kept things quite fluid to allow the players to explore and figure things out."

With a bigger squad than the rest of the division, Irish have been able to rotate their players – Ojo is one of those sitting out this week – and will expand it further next season, with Ireland's Sean O'Brien and Australia's Nick Phipps leading the recruitment successes.

O'Brien's signing by director of rugby Declan Kidney, the former Ireland coach, is particularly significant given the club's heritage.

"He is trying to make Irish more Irish," said Ojo. "It's tough in that aspiring Ireland internationals will stay at home but he has brought the professional and amateur sections together and is really trying to embrace the Irishness of the club because it is what adheres us not just to our fans but to other fans too.

"Things are as positive as they have been in a long time. We've signed some high-quality players for next season but I'd say the Premiership is as competitive as it has ever been from third place right down to 12th, so it's going to be very tough. If we can stay up what happens next is huge for the club in terms of growing on and off the pitch.

"It is a reset moment and important the club takes advantage."

Leonard's pride as Lions leader

By **Tim Gow**

JASON LEONARD has been named new chairman of the British & Irish Lions, as the rugby institution faces ever-increasing pressure from the international calendar.

The former England prop and RFU president, who succeeds Tom Grace as chairman, toured with the Lions in 1993 – just a year after rupturing a vertebrae in his neck – as well as in 1997 and 2001.

Leonard is also England's most-capped player and won the World Cup in 2003.

"I am honoured and I look forward to working with my fellow board members, former Lions and the executive team to make the 2021 tour to South Africa a success on and off the pitch," said Leonard, left.

"I am excited to build on the great work done by my predecessor and would like to thank him for his guidance and dedication."

Leonard's perspective as both player and administrator will be critical with the demands of player welfare and an expanding club and international calendar placing the Lions' existence under threat.

❑ IRELAND and Ulster captain Rory Best will retire from professional rugby after this year's World Cup in Japan. Hooker Best has been capped 116 times by his country.

WORLD OF SPORT

Battling Konta staying positive

TENNIS

JOHANNA KONTA insists she is enjoying her tennis despite slipping down the WTA rankings.

Konta was in the world's top 10 at the start of 2018 but now is 46th, although she remains Britain's top-ranked female player.

KONTA

The 2017 Wimbledon semi-finalist, who will lead the British team's push for Fed Cup promotion against Kazakhstan in London this weekend, said: "I feel good about the work I am putting in – I am enjoying my tennis and my life, so it's a good position to be in." Konta is joined by Katie Boulter, Heather Watson, Harriet Dart and Katie Swan in the British team.

Watson is back in the fold having missed February's Europe/Africa Zone round-robin through illness.

"I was the most ill I've been in my life – it was dreadful," said Watson.

❑ BRITAIN'S Cameron Norrie was beaten 6-2, 7-5 by Italian qualifier Lorenzo Sonego in the third round of the Rolex Monte-Carlo Masters.

Amir misses the World Cup cut

CRICKET

MOHAMMAD AMIR has not been included in Pakistan's preliminary 15-man squad for next month's World Cup.

The left-arm seamer, below, whose five-year ban for spot fixing against England ruled him out of the previous two tournaments, has struggled for form since Pakistan's Champions Trophy title in 2017.

AMIR

He has been named in a 17-man squad to face England in a preceding one-day international series, as has batsman Asif Ali, in which both will hope to press their claims to make the final 15.

Veteran all-rounder Mohammad Hafeez has been included in the World Cup squad despite struggling with a broken thumb, while 19-year-old paceman Mohammad Hasnain is also included.

South Africa have named veteran Hashim Amla in their squad, but Reeza Hendricks and Chris Morris miss out.

The Proteas open the competition against England at The Oval on May 30, and will again be captained by Faf du Plessis.

10 to tackle

1. Which team did England women beat 3-0 in their final round-robin game as they won the SheBelieves Cup for the first time?
2. Which British science teacher won a silver medal in the men's 800m at the European Indoor Championships in Glasgow?
3. Who scored twice for Manchester United in their 3-1 win at Crystal Palace?
4. Who scored Ireland's bonus-point try in their 26-14 Six Nations victory at home to France?
5. Who is the only Australian rider to win the Tour de France?
6. Who is the only non-Englishman to be beaten in a World Snooker Championship final by Stephen Hendry?
7. Which Scottish League One football team are nicknamed The Loons?
8. Which Irish golfer won his first Open title at Carnoustie in 2007?
9. Which country from the former Yugoslavia won the 2005 Davis Cup?
10. What name is given to a cricketer being out to the first ball he faces in an innings?

RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: 1 Japan. 2 Jamie Webb. 3 Romelu Lukaku. 4 Keith Earls. 5 Cadel Evans. 6 Mark Williams. 7 Forfar Athletic. 8 Padraig Harrington. 9 Croatia. 10 Golden duck.

Picture: ANDREW COULDRIDGE

'Soft kid' Allen wants to prove he's grown up

By **Martin Domin**

DAVE ALLEN is the joker in the heavyweight pack.

The chancer with no qualifications who blagged a job as a supply teacher.

The prankster who punched a sheep on a school trip when she "gave him grief".

And the life and soul who accepted a social media invite to a night out with students he had never met.

But beneath the wisecracks and shenanigans, Allen is a fighter who craves approval.

"My dad thought I was a soft kid and not cut out for boxing," he said. "I want his acceptance, that pat on the back. It hasn't come yet, but it will."

Allen, above, first laced up a pair of gloves aged 16 and now, 11 years and 22 fights later, might finally secure that recognition if he beats Lucas Browne tomorrow. But his journey to London's O2 arena is littered with wrong turns.

Allen has enjoyed a flutter since he was eight, first £1 on a horse, then later secretive trips to the bookies, and finally on to the poisonous world of online gambling.

After losing everything at Royal Ascot four years ago, he tried to kill himself.

"It forced me to my lowest point," he said.

"I wouldn't say I'm the most normal man on the planet and when you add money stresses on top, not knowing what you're going to do, relying on other people to live...

"I'm not money-orientated. It was just the thrill of winning. As long as I have enough money to eat and somewhere to live I'm not bothered."

WARRIOR CLASS: Khan said he was born fearless and took that attitude into the boxing ring

Khan can't stop chasing the buzz

From **David Anderson** in New York

HE HAS won world titles, headlined at some of boxing's most iconic venues and earned more money than he could ever imagine. Yet Amir Khan says he cannot stop.

He is addicted to the adrenaline rush he gets when he leaves the dressing room, and once the fight is over he wants to do it all over again.

"It's the love I have for the sport, that's why I'm still doing it," said Khan, 32, who has not lost his youthful enthusiasm after 14 years as a professional.

"I'm a natural-born fighter. I love the adrenaline rush before a fight. Afterwards I just want to do it again because of how good the buzz is. As I leave the dressing room the switch goes."

Khan will experience that same buzz when he walks out to face Terence Crawford at Madison Square Garden tomorrow and says he will continue fighting as long as the feeling remains.

"I want to quit just before I hate the sport," he said. "That could be after this fight or it could be in years. I love everything around boxing, it takes me away from so many distractions.

"It makes me a professional person and other people would die to be in my position. It has given me a new family, fame and love, and I like it."

Fighting is in Khan's blood – he comes from a warrior caste in Pakistan, the Rajput Janjua. "I was always a tough kid, born that way," he said.

"It was simple, my brothers and sisters all went to school, but maybe I was just the mad one. I was hyperactive, full of energy and always misbehaving.

"I was always fearless and never scared of anything. I was born too brave. I have looked back at my family, cousins and uncles and no one is like me, no one is as tough as me." Khan's eldest daughter Lamaisah is aware of his profession and with great relish told her fellow passengers on the flight to New York this week that her dad was going to "punch a man in the face".

JARRELL MILLER claims he "never knowingly" took the banned substance which has derailed a June bout with Anthony Joshua. Miller has been denied a licence after the failed test but will be "vigorously appealing".

Khan – who had not seen the four-year-old for three months while in camp in San Francisco – hoped the other passengers did not think he was some kind of thug.

While Khan received a red-carpet start when he turned pro due to his silver-medal success at the 2004 Olympics, Crawford had to fight his way up from the bottom, and said that tough grounding gave him the determination to win six world titles at three different weights.

"I cherish my success more because I didn't have it like [Khan] when I started out," said the unbeaten WBO welterweight champion.

"He was pampered, he had it all when he turned pro. He got a bigger following turning pro off the Olympics than I had.

"He got more opportunities than I had, more meaningful fights at the start of his career because of the success he had as an amateur.

"Of course the fact I have had to work hard has made me a better fighter. I have mental toughness as well."

Another factor in making Crawford tough as teak is his mother Debbie.

She would get drunk when he was young and hit with him whatever was at hand in their home in Omaha, Nebraska. The beatings taught Crawford to endure pain, something that has proved pretty handy in the ring.

"I got hit with a belt, a toy, a stick, extension cord, a switch off a tree, whatever," he said. "At the same time, my pain tolerance went up. It got to the point where it built toughness."

● *KHAN challenges Crawford for the WBO welterweight title, live on BT Sport Box Office, tomorrow. For more info go to www.bt.com/btsportboxoffice*

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Picture: JOHN WALTON

How Pukki picked place to strike out

By **Ivan Speck**

IF HIS goals help Norwich win promotion to the Premier League at Carrow Road tonight, Teemu Pukki will be able to say goodbye to a division he wanted no part of last summer.

The Finn has 27 goals and counting before the visit of Sheffield Wednesday, yet was not sure he would get any in the Championship.

Pukki, 29, was out of contract after four years at Danish club Brondby, but when his agent told him Norwich were interested, his first reaction was to shudder.

After all, he had struggled at Celtic and assumed the Championship was equally brutal when it came to the physical side. It took Norwich boss Daniel Farke's silver tongue to persuade him otherwise.

"I was a little bit afraid to use my physicality at Celtic," Pukki admitted. "It's hard to say what went wrong there but it was not my time to succeed. It did make me a better player, though.

"I had some offers from around the world last summer, but when my agent called and told me that Norwich were interested, I was like, 'No, that's not for me, Championship football is not for me'.

"In my mind, it was still really physical with everyone playing long balls and stuff like that. But then I had some good talks with the boss and with Norwich sporting director Stuart Webber, and they explained how the football really is here.

"It started to be really interesting to me. We came to see it and just made a decision that this was the place.

"The Championship is really entertaining to play in as well. There are still some teams who like to play long balls, but the most important thing is how we play.

"We create a lot of chances and the best thing for a striker is to know the other guys will give you one or two chances every game.

"You just need to use them, but of course I didn't expect to score this amount of goals in my first season. It was hard to say how it would go because I was the new guy.

"The manager has been huge for me personally – for the whole team. He knows how to bring the best from all the players. It's important to have a coach who really trusts you and gives you the time to be yourself."

So, presumably Pukki is looking forward to Premier League football next season in a way that he did not look forward to the Championship? Perhaps not.

"I remember watching some Premier League games with my dad when I was young, but I was mostly interested in the Spanish league at that time," he said. "That was my dream when I was a kid, to hopefully play there."

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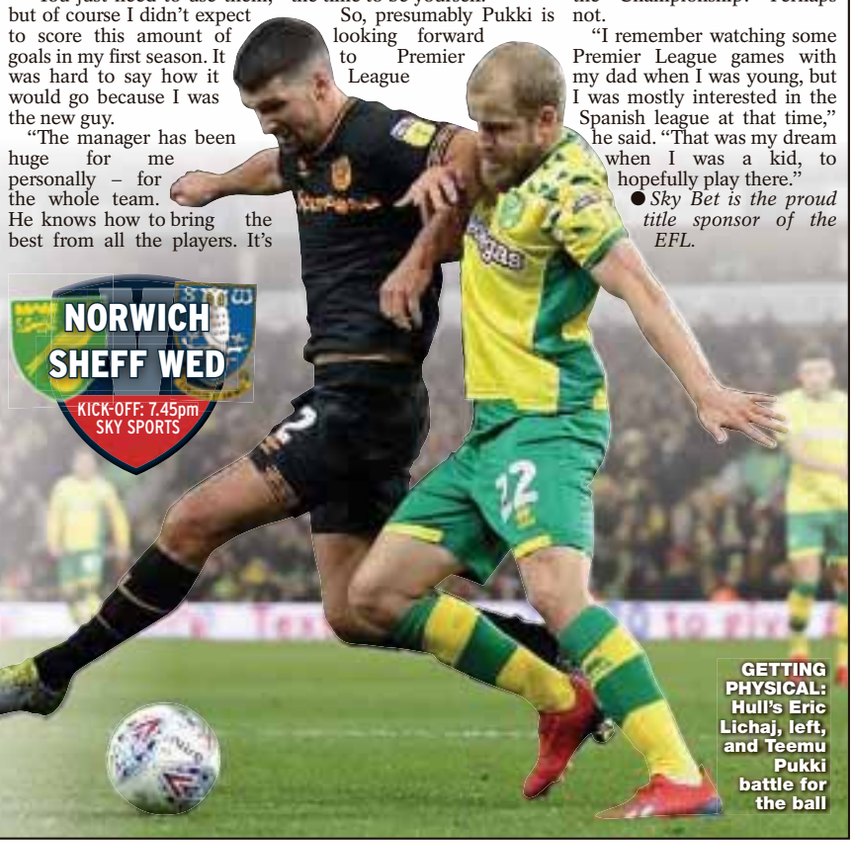


GETTING PHYSICAL: Hull's Eric Lichaj, left, and Teemu Pukki battle for the ball

Warne puts spin on Tiger victory

SWANSEA V ROTHERHAM
KICK-OFF: 3pm

PAUL WARNE is using Tiger Woods' Masters win last Sunday to inspire Rotherham's players as they battle to avoid relegation.

The Millers, who are two points from safety, visit Swansea today and host Birmingham on Monday.

Warne, right, has shown his squad clips of Woods watching pundits insisting he would never win another Major, and said: "Loads of people have said we wouldn't survive, and we were favourites to go down. We talked about the feeling the players will have after the final Middlesbrough game. If we have survived, it will be priceless.

"We spoke about how Tiger hugged his dad the first time he won and he's not here now.

"He did it for his children because he wants them to see him being great. It's not dissimilar to our lads.

"They want to do the same in front of their own wives, kids and parents."

Harris shapes up for survival fight

MILLWALL V BRENTFORD
KICK-OFF: 1pm

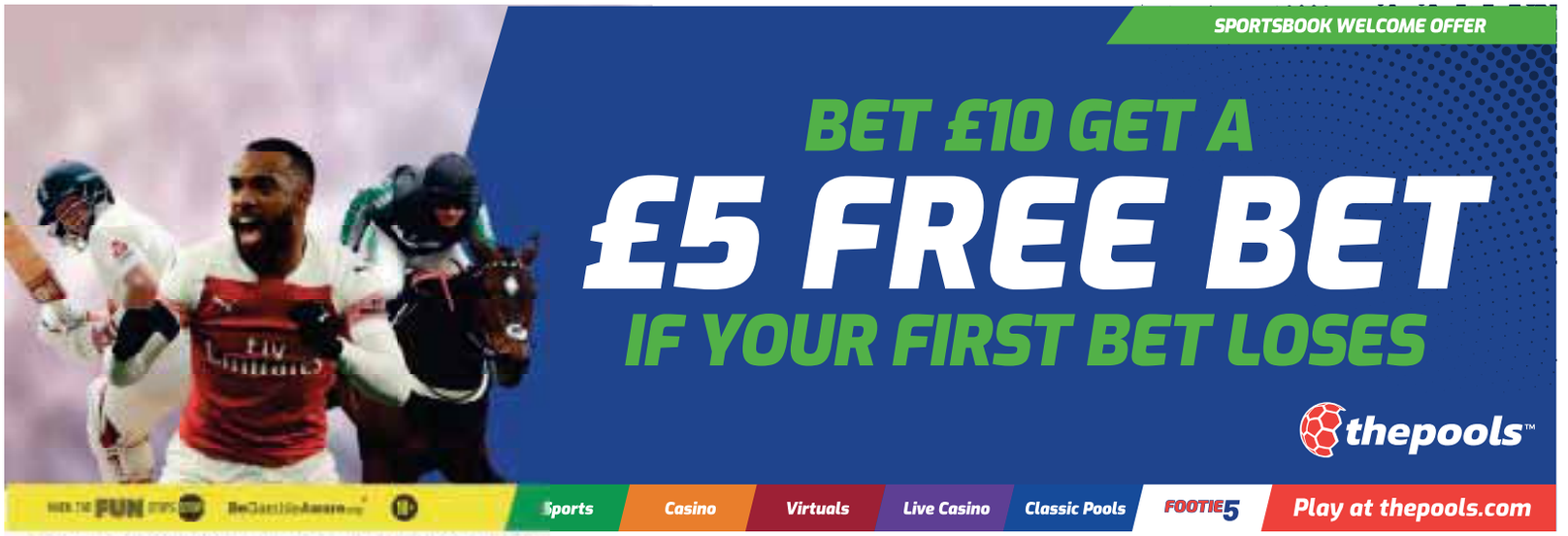
NEIL HARRIS insists Millwall will never change – regardless of what formation they play.

The Lions manager has adopted different systems as they battle for Championship survival, with his side just two points above the drop zone ahead of a home London derby against Brentford today.

But the former Lions striker, above, said: "Whether it is 3-5-2, 4-3-3 or 4-4-2 not a lot deviates from what a Millwall player should be and what a Millwall team should be. Yes, slightly different personnel means the ball might be played a bit lower or a little bit higher, but if you're not going to pass forward, not going to run forward, not going to compete, not going to tackle, not going to have a winning attitude, then you're at the wrong football club anyway.

"And that's with me as manager or Jose Mourinho. They're the traits Millwall fans want to see."

IAN BAKER



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BOURNEMOUTH 3 FULHAM 1
KICK-OFF 3PM, TOMORROW

The Cherries will be bursting with confidence after rattling five past relegation wobblers Brighton and for all that they remain frustratingly inconsistent they should have too much for a Fulham side condemned to Championship football next season.

WEST HAM 2 LEICESTER 1
KICK-OFF 3PM, TOMORROW

The Hammers were unlucky to lose 2-1 at Old Trafford having been the better side and have key men back at home, where they have won four and drawn one of their past six. It could mean another blip for Leicester, who were beaten by Newcastle last week.

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HUDDERSFIELD 1 WATFORD 2
KICK-OFF 3PM, TOMORROW

The Hornets have not kept a clean sheet in seven and Monday's loss to Arsenal came at a cost with Troy Deeney likely to be banned for this clash. Yet they should still be too good for relegated Huddersfield, beaten in 19 of their past 21 league games.

WOLVES 0 BRIGHTON 1
KICK-OFF 5.30PM, TOMORROW

The Seagulls are flying dangerously low after their loss to Cardiff and face a stiff task against a side who have posted seven wins and one draw in their past eight at home. But they have a decent record against Wolves and can snatch a valuable win.

NEWCASTLE 2 SOUTHAMPTON 3
KICK-OFF 5.30PM, TOMORROW

Despite their win at Leicester, Newcastle are a difficult team to trust and could prove flaky in the face of a resurgent Saints who come here off the back of four wins from their past six and could be the value to shade a high-scoring match.

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Four games to go as Ardley battles to save oldest club

Tony **BANKS** REPORTS

After 157 years, non-League oblivion beckons for County

FOR A man with the fate of the world's oldest professional football league club resting on his shoulders, Neal Ardley appears remarkably chipper.

At three o'clock today Ardley's Notts County begin a four-game, 16-day odyssey that will decide whether or not one of the 12 founder members of the Football League in 1888 drop out of the competition and into the potential wilderness of non-League football.

Today County face high-riding MK Dons, lying fourth in League Two. On the season's final Saturday, May 4, they travel to Swindon.

Sometime in this period, County's future will be decided.

As we meet in the foyer at Meadow Lane, above Ardley's head is a portrait of the late Jimmy Sirrel, the club's greatest manager, who lifted them from the Fourth Division to the First. County's illustrious history is everywhere you look – outside is a statue of the legendary Scot. The club were formed in 1862, before the FA were even in existence.

Ardley, 46, is well aware of the history, the expectation that surrounds County. But he has been in this situation before, and believes that experience could be vital.

When he took over at AFC Wimbledon as an former Dons player in October 2012, the club were in deep trouble at the foot of League Two.

The battle went to the final day of that season, when a late penalty earned a 2-1 win over Fleetwood.

TYING UP NOTTS: FIXTURES THAT WILL DECIDE FATE

TODAY	MK Dons (h)
APRIL 22	Crawley Town (a)
APRIL 27	Grimsby Town (h)
MAY 4	Swindon (a)

HOW THEY STAND

	P	W	D	L	Pts
Cambridge	42	12	9	21	45
Macclesfield	42	9	12	21	39
Yeovil	42	9	10	23	37
Notts Co	42	8	13	21	37

Ardley left six years later, having taken the club up to League One.

So the upbeat, cheerful mood is entirely deliberate.

"People said they could not believe what they saw that week at the training ground – there were smiles, laughter, fun," says Ardley. "But I wanted to take that pressure off the players.

"At the game, when they went out to warm-up, my wife came into the manager's office and burst out crying. She knew the importance of it all. I had to calm her down before I could go out and calm the players down."

As for the County history, Ardley says: "I don't feel it as a pressure. If we can't get to where we are trying to get to, I will get tarred as the man who led us to that situation. People will draw their own conclusions as to how much of it was down to me.

"But I will take my own hit on that. My self-criticism will be just as harsh.

"I know how to deal with this situation. But these are two different clubs, different groups of players. And Notts have this wonderful history, and that's an extra weight on the shoulders of the group.

"So I try to draw on my experiences. I know what can help my players. Can I try and get the mood, fitness and organisation right? I know how to do that.

"Taking away the anxiety, allowing players to perform is the thing. If their best isn't good enough, then so be it. But I believe it will be."

Eleven days after leaving Wimbledon, Ardley took over at Meadow lane, after an offer from controversial chairman and owner Alan Hardy, who is now trying to sell the club.

Eight new players arrived in January. The improvement has been gradual, and the Magpies have picked up 16 points from 13 games since the beginning of February.

"Results before weren't good enough," says Ardley. "When this new group came in, we were nine points adrift. Now we are two adrift with four games to go. It's a big effort. Getting players in was some of the hardest work I have done – many said no, our situation was so dire. But these lads did and I want the fans to appreciate that.

"May 4 is the only day that matters. Doesn't matter if you get yourself out in April if you are back in on May 4.

"I'm not worried about myself. I am just trying to do a job. I know it sounds corny but I would love these fans to still be celebrating being the oldest league club."

Ardley's deal takes him beyond the end of the season. With the club seemingly set to be sold in June by Hardy to a South African consortium – and a HMRC demand for £200,000 postponed until then – he refuses to look any further:

"We have got four games to pour everything into," he says. "I will keep going to the end."

Some County fans' anger has spilled this week into toxic online abuse towards players and staff that the club have reported to the police.

"A fan at Wimbledon used to abuse me online," Ardley recalls. "Then he abused my daughter, who was 16 at the time.

"Two years later we beat Accrington in the play-offs, and afterwards I was being hugged by a fan. I looked down – and it was him."

Time for Rams to fight for their lives

BIRMINGHAM DERBY V
KICK-OFF: 3pm

By **Dave Armitage**

FRANK LAMPARD has told his Derby players to show their mean streak in the run-in.

The Rams are chasing the play-off pack and Lampard, left says there is no room for nice guys. His side visit Birmingham today with Lampard warning they will need to get stuck in and be ready for a scrap.

Derby need to improve on their travels, having taken three points from their past seven away games. Lampard says it is time to roll up their sleeves and be ready to get a few bruises.

"If you are going to go to Birmingham and get a result you have got to match them for physical aggression," he said. "We have to bring the nasty side to our game. You must be up for the fight. I'm interested to see how we approach it.

"We have to bring everything. We have to fight tooth and nail. This is not a moment to be fearful. We know what's in front of us."

Lampard says that attitude extends to him and he is loving the pressure. "You can't stress yourself out every second of the day – there has to be a balance," he said.

"If we can make the play-offs and then succeed in the final then it's a life-changer.

"Pressure is always there. The stakes are higher now but that's what you should be in football for."

Pictures: MAGI HAROUN and PETE NORTON

ROLLCALL: County's FA Cup winners in 1894. Left: The great Tommy Lawton. Below, Ardley on the touchline while, bottom, legendary boss Jimmy Sirrel, left, and his loyal assistant Jack Wheeler are still fondly remembered

HISTORY'S PRESSURE: I believe our best will be good enough says Ardley

The Magpie milestones

Finished third in the First Divsion in 1890-91 and 1900-01 – they have never finished higher.

County hold a Football League record of 29 combined promotions and relegations.

Won the FA Cup in 1894. Jimmy Logan scored a hat-trick in their 4-1 win over Bolton. The first club to win the cup when not in the top flight.

The Magpies sent a set of their black and white shirts to Juventus in 1903 – and the club adopted the same kit. That gives Ronaldo, above, the Magpie look.

Legendary manager Jimmy Sirrel managed the club three times – in the course of which he took them from the Fourth Division to the First – with Don Masson, voted by the fans as the club's greatest ever player, at the helm in midfield over 442 appearances.

Villa's winning run could be wasted

BOLTON ASTON VILLA V
KICK-OFF: 3pm

By **James Nursey**

DEAN SMITH wants to equal Aston Villa's longest winning run but says the feat will be spoiled if his side miss promotion.

Victory over Bristol City was Villa's eighth on the spin for the first time since the 1974/75 campaign, when the club rose to the top tier. A ninth at Bolton today would match Villa's best run, a record set in 1910.

"There is a spring in everyone's steps because we are winning games," said Smith, left. "I would have great pride in equalling that kind of record. But it wouldn't mean an awful lot unless we get promoted. The ambitions here are to get promoted to the Premier League."

Villa's impressive form has coincided with talisman Jack Grealish's return from injury and the January addition of centre-back Tyrone Mings on loan from Bournemouth.

The run has rekindled their flagging promotion hopes and Smith said: "I never stopped believing but felt we needed to stop concentrating on the top six because that is all anyone ever talks about, such are the expectations of this club. We had to just break it down into one game at a time and that was the message we gave to the players.

"We have been through periods where we have had an awful lot of injuries, but we have come through that."

BACK IN BUSINESS: Jack Grealish

Main picture: CHARLOTTE WILSON

Bielsa finding it hard to stay cool

LEEDS V WIGAN
KICK-OFF: 3pm

By **Bill Cooper**

MARCELO BIELSA says he is feeling the pressure as Leeds close in on a return to the Premier League.

The club have been in top-flight exile for 15 years but take on relegation-haunted Wigan today as favourites for promotion with Norwich.

But Bielsa's nerves are fraying, even though the Argentinian has experienced most of the highs and lows football has to offer during a 29-year coaching career.

"It's hard to be calm in the excitement," he said. "The players need balance and calm. As their coach, so do I."

Bielsa, left, says if Leeds do go up his team will have the talent to impress.

"Our football is stylish enough to deserve Premier League football," he added.

"My message to the players is we need to be focused on the next game and not the other games or positions."

Pulis reels from triple injury blow

M'BORO V STOKE
KICK-OFF: 3pm

By **Ian Murtagh**

PLAY-OFF hopefuls Middlesbrough have a defensive crisis on their hands.

Manager Tony Pulis is without three of his first-choice backline for the rest of the season with Dael Fry joining Daniel Ayala and George Friend on the sidelines.

Fry tore his hamstring in training earlier this week, which will also rule him out of the England Under-21 squad for the European Championship in Italy.

Boro have rallied with back-to-back wins after losing six in a row but Pulis says the injuries present him with a headache ahead of today's home game against former club Stoke. He said: "I can't believe that we have lost three key defenders in just over a week. It's disappointing."

Sixteen-year-old centre-back Nathan Wood, above, could make his first league start for Boro.

Blades fans need a history lesson

SHEFF UTD V N FOREST
KICK-OFF: 12.30pm

CHRIS WILDER has told the Sheffield United doom-mongers not to wave the white flag just yet.

Some fans have given up on automatic promotion after one win in four games.

The Blades, who are three points behind second-placed Leeds, host Nottingham Forest today and many supporters are fearing the worse.

But manager and former United player Wilder, above, says they should keep the faith and recall what happened under Dave Bassett 29 years ago.

"'Harry' told me some supporters chucked in the towel and wrote us off for promotion," he said. "But we know the outcome. We bounced back to win the ultimate prize on what was one of the greatest days to be at United.

"His attitude was positive and his players were fighters. There are similarities between then and now."

BILL COOPER

DOUBLING UP: Pedro scores his second and Blues' fourth goal

Pedro's pair gives Sarri welcome lift

CHELSEA 4
SLAVIA PRAGUE 3
CHELSEA WIN 5-3 ON AGG

By **Tony Banks**

MAURIZIO SARRI had to visit the dentist the day before this tie for some treatment on a troublesome molar. He needed a bit more of the old sleeping gas after this one.

Chelsea were home and dry with a place in the semi-finals in the bag at half-time, 4-1 up on the night.

But suddenly two second-half goals from Slavia's Petr Sevcik threw Sarri's men into a total panic.

Pedro had scored twice, an own goal from Simon Deli and one from Olivier Giroud had put Chelsea in charge.

In the end, what should have been a stroll was a narrow squeak – as Chelsea unconvincingly held on.

Sarri named a strong side, with Emerson replacing the injured Marcos Alonso, Eden Hazard in attack and N'Golo Kante in midfield, with Europa League specialist Giroud leading the attack.

After the defeat at Liverpool on Sunday, Chelsea dropped out of the top four, so Sarri could take no chances in Europe.

They had never lost a European tie after having won the first leg, and it took them only five minutes double their aggregate lead.

Then, in a bonkers first 27 minutes, five goals flew in.

First, Pedro played a neat one-two with Cesar Azpilicueta as he cut in, then exchanged passes with Giroud and nicked the ball past Slavia goalkeeper Ondrej Kolar as he came dashing out.

Four minutes later it was 2-0, as Hazard exchanged passes with Giroud, crossed, and Pedro had to score six yards out but somehow hit the post – only for the ball to bounce back into the net off the hapless Deli. Hazard had, meanwhile, been left limping by two nasty fouls by Ondrej Kudela – but Chelsea simply kept going.

They were three goals up in the 19th minute, when Kante put Pedro clean through, and the Spaniard coolly laid the ball back for Giroud to get his usual Europa League goal.

That made it 10 in the competition this season – and added further fuel to the Frenchman's claims to be the No1 striker at the club. Slavia were reeling, but to their credit they kept battling, and when Jaromir Zmrhal's free-kick came in, Deli's header was well saved by Kepa Arrizabalaga's feet.

Then, though, Chelsea fell asleep at Sevcik's corner – and Tomas Soucek was left completely unmarked to steer home a powerful header.

The cheers for the Czechs were brief though, as Chelsea went straight back down the other end and scored again. This time Hazard set up Emerson probing forward down the left, Giroud's angled shot was half-saved by Kolar, but Pedro, coming in at the far post. scuffed home his second goal of the game.

Pedro had gone six games without a goal before last night.

But six minutes into the second half Slavia struck again. Sevcik picked the ball up on the edge of the area and struck a low shot between Kepa and his near post. The Chelsea keeper should have done better.

And then the midfielder picked the ball up in an identical position, looked up and cracked a glorious drive into the top corner. Suddenly, we had a game on.

Sevcik then fell over when he had the goal at his mercy as Chelsea panicked. But Sarri's men held on.

STRIKING: Giroud nets his 10th Chelsea Euro goal this season

CHELSEA (4-3-3): Kepa; Azpilicueta, Christensen, Luiz, Emerson; Kante, Barkley (Jorginho 70), Kovacic; Pedro (Hudson-Odoi 87), Giroud, Hazard (Willian 65). **Booked:** Kante, Emerson, Kepa. **Goals:** Pedro 5, 27, Deli 9 og, Giroud 17.

SLAVIA PRAGUE(4-2-3-1): Kolar; Kudela, Ngadeu-Ngadjui, Deli, Boril; Kral, Soucek; Sevcik (Stoch 78), Traore, Zmrhal (Skoda 85); Masopust (Olayinka 52). **Booked:** Soucek, Kudela. **Goals:** Soucek 25, Sevcik 51, 54.

Referee: D Skomina (Slovenia).

Main picture: CIRO DE LUCA

NAPOLI	0
ARSENAL	1

ARSENAL WIN 3-0 ON AGG

Lacazette erupts to silence Napoli

By **Paul Brown**

TAKING AIM: Lacazette drives Arsenal into the lead

UNAI EMERY need not have worried because Arsenal made their latest big test feel like a walk in the park as they strolled into the semi-finals.

The Gunners boss warned his side to beware the explosive atmosphere of the notorious Stadio San Paolo, which is built on volcanic rock.

But you could have heard a pin drop when Alexandre Lacazette's brilliant free-kick gave Arsenal a priceless away goal, and there were no big eruptions after that.

The promised cauldron of noise never once threatened to reach boiling point, and although Napoli frequently lost their heads, they barely threatened Petr Cech's goal.

Arsenal have struggled so badly on their travels at times this season that it was a major surprise to see them outclass such a good side with such efficiency and ease.

And they will now be big favourites to beat Valencia in the semi-finals and set up what could be a mouth-watering all-English final against Chelsea.

But they may have to do it without Aaron Ramsey, who was forced off with a hamstring injury which, if serious, could mean he has played his last game for the club.

Arsenal could and should have finished the Italians off in the first leg, but managed to avoid conceding an away goal to bring a two-goal cushion with them here.

Still, they knew exactly what they would be up against. Napoli had only lost once at home all season and beat Liverpool here back in October.

The Italians had also been here before. Back in 1989, they lost the first leg of their UEFA Cup quarter-final with Juventus 2-0, but went on to win the return here 3-0 after extra time.

There was no Diego Maradona to inspire them last night, but Emery was taking no chances, and wanted an away goal to kill it off quickly.

It was bold of him to start with both Lacazette and Pierre-Emerick Aubameyang up front, as his side had lost their last two away games in this competition.

And while they did make a confident start, they had Cech to thank for a fine early save.

There was another scare when Arkadiusz Milik fired a free header wide – and then a blow when Ramsey limped off.

Yet Arsenal went in front before half-time when Lacazette smashed home a free-kick from 30 yards.

It was a great effort but one keeper Alex Meret should have stopped, and as the home side's frustration grew, they started to lose their heads.

Arsenal almost scored again when Aubameyang met Henrikh Mkhitaryan's cross first time from point-blank range but Meret somehow tipped it over, and by the end of the game this famous stadium felt like a ghost town.

NAPOLI (4-4-2): Meret; Maksimovic (Mertens 45), Chiriches, Koulibaly, Ghoulam (Mario Rui 71); Callejon, Allan, Ruiz, Zielinski; Milik, Insigne (Younes 61). **Booked:** Insigne.

ARSENAL (3-4-1-2): Cech; Sokratis, Koscielny, Monreal; Maitland-Niles, Torreira, Xhaka (Elneny 61), Kolasinac; Ramsey (Mkhitaryan 34); Lacazette (Iwobi 68), Aubameyang. **Booked:** Cech. **Goal:** Lacazette 36.

Referee: O Hategan (Romania).

HOLDING FIRM: A determined Koscielny tangles with Allan to keep Napoli at bay

SPORT IN BRIEF

UEFA Europa League Quarter-final Second Leg

CHELSEA (4)..... 4 SLV PRAGUE (1) ... 3
Pedro 5, 27 Deli 10 (og) Giroud 17
Soucek 26 Sevcik 51, 54
Agg: 5-3.
Eintracht Frankfurt win on away goals rule.

E FRANKFURT (1)... 2 BENFICA (0)..... 0
Kostic 37, Rode 67
Agg: 4-4.

NAPOLI (0) ..... 0 ARSENAL (1)..... 1
Lacazette 36
Agg: 0-3.

VALENCIA (1)..... 2 VILLARREAL (0).... 0
Toni Lato 13, Parejo 53
Agg: 5-1.

CRICKET

IPL: **Delhi Capitals** 128-9 (20 overs; Chahar 3-19); **Mumbai Indians** 168-5 (20 overs). **Mumbai win by 40 runs**.

RUGBY LEAGUE

Betfred Super League

CASTLEFORD ..... 28 WAKEFIELD..... 26
Castleford—T: Clare (2), Sene-Lefao, Ashton, Minikin. **G**: Mata'utia (4). **Wakefield—T**: Caton-Brown (2), Arundel, Reynolds, Arona. **G**: Hampshire (3). **Att: 9,316**

LONDON BRONCOS 6 CATALANS DRG ... 39
London Broncos—T: Ioane. **G**: Smith. **Catalans Dragons—T**: Whitley (2), Tierney, Bird, Romano, Tomkins. **G**: Tomkins (7). **DG**: Tomkins.

	P	W	D	L	F	A	Pts
St Helens	10	9	0	1	291	134	18
Warrington.....	10	8	0	2	314	179	16
Castleford	10	7	0	3	248	228	14
Wakefield.....	11	6	0	5	275	238	12
Hull.....	10	6	0	4	225	249	12
Catalans Drg ..	10	6	0	4	167	226	12
Salford.....	10	4	0	6	226	218	8
Huddersfield...	10	4	0	6	194	236	8
Hull K R	10	4	0	6	195	240	8
Wigan	10	3	0	7	222	208	6
Ldn Broncos...	11	3	0	8	164	321	6
Leeds.....	10	2	0	8	203	279	4

TENNIS

ATP MONTE-CARLO ROLEX MASTERS (Monaco)**—3rd rnd:** (1) N Djokovic (Ser) bt T Harry Fritz (USA) 6-3 6-0, (10) D Medvedev (Rus) bt (6) S Tsitsipas (Gre) 6-2 1-6 6-4, D Lajovic (Ser) bt (4) D Thiem (Aut) 6-3 6-3, L Sonego (Ita) bt **C NORRIE** (Gbr) 6-2 7-5, (9) B Coric (Cro) bt P Herbert (Fra) 6-4 6-2, (13) F Fognini (Ita) bt (3) A Zverev (Ger) 7-6 (8-6) 6-1, G Pella (Arg) bt (11) M Cecchinato (Ita) 6-4 4-6 6-4, (2) R Nadal (Spa) bt G Dimitrov (Bul) 6-4 6-1.

TODAY'S DIARY

(3pm unless stated)

Sky Bet Championship
Birmingham v Derby
Bolton v Aston Villa
Bristol City v Reading (12noon)
Leeds v Wigan
Middlesbrough v Stoke
Millwall v Brentford (1pm)
Norwich v Sheffield Wednesday (7.45)
(Live on Sky Sports Football)
Preston North End v Ipswich
QPR v Blackburn
Sheffield Utd v Nottingham Forest (12.30)
Swansea v Rotherham
West Brom v Hull

Sky Bet League One
AFC Wimbledon v Bristol Rovers
Barnsley v Shrewsbury
Burton v Portsmouth
Coventry v Bradford (1pm)
Fleetwood v Peterborough
Gillingham v Plymouth
Oxford Utd v Charlton (1pm)
Rochdale v Wycombe
Scunthorpe v Blackpool
Sunderland v Doncaster (5.15)
(Live on Sky Sports Football)
Walsall v Southend

Sky Bet League Two
Cambridge Utd v Swindon
Carlisle v Lincoln City
Cheltenham v Oldham
Colchester v Grimsby
Crewe v Yeovil
Exeter v Crawley (1pm)
Mansfield v Morecambe
Newport Co v Bury
Northampton v Macclesfield
Notts County v MK Dons
Port Vale v Stevenage
Tranmere v Forest Green

Vanarama National League: AFC Fylde v Barnet, Boreham Wood v Salford City, Bromley v Solihull Moors, Dagenham & Redbridge v Eastleigh, Dover v Aldershot, Gateshead v Chesterfield, Hartlepool v FC Halifax, Havant and W v Ebbsfleet Utd, Leyton Orient v Harrogate Tn, Maidenhead Utd v Barrow, Maidstone Utd v Braintree Tn, Wrexham v Sutton Utd.

Ladbrokes Championship: Ayr v Ross County (7.05) (BBC Scotland).

CRICKET

Royal London One-Day Cup (11am) - **Group A**: Derbyshire v Northamptonshire (Derby). Durham v Leicestershire (Emirates Riverside). Nottinghamshire v Lancashire (Trent Bridge). Warwickshire v Yorkshire (Edgbaston). **Group B:** Essex v Middlesex (Chelmsford). Hampshire v Glamorgan (Ageas Bowl). Somerset v Kent (Taunton). Sussex v Surrey (Hove, 1pm).

RUGBY LEAGUE

Betfred Super League: Hull v Hull K R (12.45), Leeds v Huddersfield, Warrington v Salford, Wigan v St Helens.

RUGBY UNION

Greene King IPA Championship: Nottingham v Jersey Reds (7.45), Richmond v London Irish.

Rodgers unmoved by fleet feet

By **James Nursey**

GET A MOVE ON: Gray needs more goals and assists

BRENDAN Rodgers has told Leicester's young guns that relying on their lightning pace will not seduce him.

Rodgers wants Demarai Gray and Harvey Barnes to add more goals and assists to their games. Gray has scored four goals and recorded one league assist this term, while Barnes is yet to score since returning from his loan spell at West Brom in the Championship.

Their places could be under threat tomorrow at West Ham with fit-again Marc Albrighton pushing for a recall.

Rodgers said: "Demarai and Harvey are young boys who need time. Hopefully over time, playing in a clear structure based around their qualities – which is attacking and being aggressive – they can get their numbers up and be more efficient players.

"You get some players who can seduce you just by watching them.

"They look quick but actually if you shine a torch in on the numbers they are not producing much."

Bournemouth line up Pope

BOURNEMOUTH are set to sign England goalkeeper Nick Pope from Burnley for £9million in the summer.

Cherries manager Eddie Howe wants a new keeper with veteran Artur Boruc set to leave at the end of the campaign, and a deal for Pope is close to being agreed. The 26-year-old has lost his place to Tom Heaton at Turf Moor.

TONY BANKS

Kazakh crash was McLeish's downfall

By **Craig Swann**

IAN MAXWELL admitted Alex McLeish had to go following 13 months of Scotland underachievement.

The SFA chief executive confirmed manager McLeish's exit yesterday after holding talks with the 60-year-old and concluding that the squad had not progressed during his second spell at the helm.

As Hampden chiefs began the hunt to find a new boss for the Euro 2020 qualifying matches with Cyprus and Belgium in June, Maxwell said the woeful 3-0 defeat in Kazakhstan last month had proved McLeish's final blow.

A temporary appointment could be made to give Scotland time to weigh up their options, with Under-21 manager Scot Gemmill a candidate. Gemmill has hopes of landing the job on a permanent basis, but is likely to face opposition from Neil Lennon, Derek McInnes, Gordon Strachan and Steve Clarke.

Maxwell said: "The decision to part company was not an easy one. Results as a whole in the past year, in particular the manner of the defeat in Kazakhstan, did not indicate the progress expected with a squad we believe to be capable of achieving more. With that in mind, it was agreed we would seek a new management team."

McLeish did secure a top-of-the-table finish in the Nations League, which has guaranteed Scotland a Euro 2020 play-off place.

McLEISH: Out

Benitez is tempted with £100m budget

By **Simon Bird**

RAFA BENITEZ has been offered a £100million transfer fund, plus cash from player sales, to rebuild Newcastle.

Benitez, below, is being given a two-year plan to "invest and strengthen", including breaking the club's transfer record again.

United chiefs are attempting to keep him in charge beyond his current contract, which ends in June. Benitez has been in protracted talks for several months but no agreement has yet been reached. He has put his own vision to owner Mike Ashley and it remains to be seen whether the cash is enough for him.

From this summer the policy will be to spend on "quality not quantity" – players who will go straight into the first team.

Harassed Hughton is deaf to criticism

By **Chris Hatherall**

CHRIS HUGHTON has vowed to shut out the critics as he bids to keep Brighton up.

Albion are two points above the drop zone following a miserable spell of form that included Tuesday's 2-0 defeat against relegation rivals Cardiff.

But whether it is boos inside the stadium or criticism on social media and TV, Hughton, above, will not be listening. "You have to shut it out," he said before tomorrow's game at Wolves.

"It's understandable. We have so many media outlets, so many pundits, and everyone is going to have an opinion.

"You can't afford to let that concern you. You must make sure you improve in the next game, put it to one side and be big and brave enough to get results."

Picture: MATTHEW ASHTON

TOUGH GUYS: Milner, left, celebrating Firmino's goal against Porto, says Barcelona should be wary of his Liverpool side

We can climb seven steps to a Red heaven

By **Chris McKenna**

JAMES MILNER wants Liverpool to go for seven wins to make it a magnificent season – and he believes the Reds can be confident of toppling Barcelona.

The midfielder says their Spanish Champions League semi-final foes will not have come up against many sides who offer the threat the Merseysiders do.

"Barcelona are a strong team and it is a tough place to go," said Milner. "But I don't think they will have played too many teams like us.

"It will be difficult. They are a team full of great individual talent and a great side too.

"The Nou Camp is a fantastic stadium and a fantastic place to play with a great atmosphere.

"It will be very, very tough and we will have to be at our best.

"But over the last couple of seasons, with the teams that we have beaten in the Champions League, we should go there with confidence no matter how tough it is going to be.

"I've been there a couple of times in the knockout stages with City and not got the right result before, so hopefully it is third time lucky for me.

"They won't have played against too many teams in the style we play, so I'm sure it will be a good game, very, very tough as they're a very good team, but tough for them too."

Liverpool are gunning for glory in the Premier League and in Europe after they dumped Porto out on Wednesday.

They are two points ahead in the league having played a game more than defending champions City, and face Cardiff on Sunday with Pep Guardiola's side having resumed hostilities with Spurs 24 hours earlier.

"The league is in Manchester City's hands, in the sense that all we can do is try to win all our games and put as much pressure on them as possible," said Milner.

"The maximum games we can play now is seven, so win all seven then we'll have at least one trophy. So that's the aim.

"It's going to be really tough, a lot of games in quick succession, a lot of pressure in each game which will take it out of the squad, but we have coped with it very well to this point.

"We have a good squad of players, but also mentally we are very together, very focused and just focusing on the next game.

"It was a tough shift in the game against Porto, there's a few tired legs in there, but we will recover and go again."

The Reds are the only team from last season's semi-finals to reach this stage again after their thumping 6-1 aggregate triumph over Porto, and Milner believes that is a sign of their progression. "Doing it back-to-back shows we are improving as a team and getting to where we want to be," he said.

"The teams in the semi-finals are completely different to last year but it's a great place to be and mission accomplished."

❑ LIVERPOOL are considering playing a pre-season friendly against Napoli at Tottenham's new ground.

The club are planning to relay the Anfield pitch this summer after they host concerts at the venue.

They want the surface redone before the start of the 2019-20 campaign which means hosting a friendly at another venue.

PATH TO GLORY

APRIL 21	Cardiff City (a)
APRIL 26	Huddersfield (h)
MAY 1	Barcelona (a)
MAY 5	Newcastle (a)
MAY 7	Barcelona (h)
MAY 12	Wolves (h)
JUNE 1	Champions League final

'Disgusting abuse' has to stop

SMALLING: Take action

FROM BACK PAGE

action to be taken by social networks and footballing authorities in response to racist abuse on and off the pitch."

The campaign starts this morning and runs until 9am on Saturday.

Watford captain Troy Deeney, who disabled comments on his Instagram account after abuse earlier this month, said: "Enough is enough. We are sending a message to anyone that abuses players – or anyone else – whether from the crowd or online that we won't tolerate it."

Danny Rose, who revealed last month he "can't wait to see the back of football" because of the lack of action on racism, also backed the campaign.

"I don't want any future players to go through what I've been through," said the Spurs and England full-back.

"Collectively, we are simply not willing to stand by while too little is done by football authorities and social media companies to protect players from this disgusting abuse."

Manchester United defender Chris Smalling added: "The time has come for Twitter, Instagram and Facebook to consider regulating their channels and take responsibility for protecting the mental health of their users."

Neil SQUIRES

Tackling sport's big issues head on

JIMMY WHITE is snooker's equivalent of Monty Python's Black Knight. This week it was Ali Carter who chopped another limb off in World Championship qualifying as the 56-year-old White went out 10-4. The last time he made it through was 2006.

It makes sense to give VAR last word on calls

HELPING HAND: Cakir, far left, studies the VAR screen before allowing Llorente's crucial goal

It is an unfortunate by-product of football's pursuit of accuracy in decision-making that one of the great matches this week ended up being swallowed up in a VAR cloud.

If that sounds like a toxic gas attack, then in a sense it was.

Manchester City's breathless clash with Tottenham was a game of dizzying speed and ambition, of incredible drama with impossible twists. The emotional overload was total.

Yet in the end a Champions League semi-final place was decided not by the relentless energy of Kevin De Bruyne or the pinpoint finishing of Son Heung-Min, but by how match referee Cuneyt Cakir responded to two interventions by the Video Assistant Referee.

The second, in injury time, erased what would have been Raheem Sterling's hat-trick strike to win the match and broke City hearts. But it was the call 20 minutes earlier to allow Fernando Llorente's goal that really turned the game.

The offside decision for Sterling's goal, tight though it appeared, was black or white; Llorente's, on the other hand, was coated in shades of grey.

Put yourself in the position of the Turkish official as he made the fateful call. After giving the goal, he is alerted by VAR Massimiliano Irrati to Llorente's possible handball. He walks to the side of the pitch to study a replay. In his ear he has players from both teams advising him, in front of him are City fans offering their verdict. The stakes are enormous, the tumult extraordinary, the scene vivid and chaotic.

With all this going on, the referee is tasked with distilling the information presented by the different camera angles and come to a decision. It is the pivotal moment – and he is operating in a zoo.

After several looks, Cakir makes his call, but on the wrong information. The angle he studies is not the one that gives away the ripple on Llorente's forearm.

He gives the goal and explains the decision by pointing to his hip, informing the players that was where the ball had struck Llorente. He appears to miss the contact with the arm.

Cakir arrived, via the wrong path, at the right decision. If he had seen the ball hit Llorente's arm the goal should have stood anyway according to the letter of the law. So justice, however cruel on City, was served – but more by luck than judgment.

Is this an argument for VAR to be discarded? On the contrary. It should be upgraded.

Football would be better off promoting the VAR, giving him the ultimate say.

How much better it would have been for that decision to have been made somewhere less mind-scrambling, by someone more qualified to do the job. The VAR could have adjudicated in half the time it took to call the incident to the referee's attention and for Cakir to scrutinise it.

On-field referee and video official are different specialisms and need a different skillset. The former deals with a quickly-changing picture in which decisions have to be made instantly, the latter needs to be more forensic. One is a bobby on the beat, the other a crime-scene investigator.

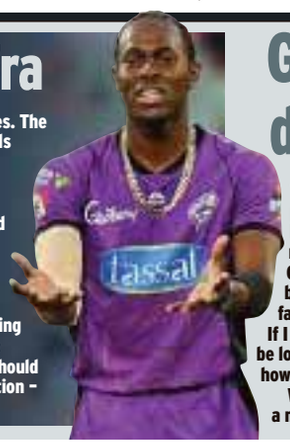
In rugby union, they work together. The on-field referee checks a try or foul play with the TMO and is guided towards a decision with the incident replayed on the big screen. Ultimate responsibility, though, remains with the man holding the whistle.

In cricket, the power of technology has gone further. The third umpire can overrule the on-field umpires and the climactic reveal, on the big screen, is part of the drama.

Concerns this would undermine the authority of the on-field umpires have largely gone. In fact, the system has shown how good they are.

Football, now it has by and large accepted VAR, needs to move the same way.

No stopping pace ace Jofra



CHRIS WOAKES' assertion that including Jofra Archer in England's cricket World Cup squad would be morally unfair is irrelevant to his selection.

The Barbadian-born fast bowler, right, should be fast-tracked if he proves himself a better bet than Woakes, David Willey or Sam Curran in next month's one-day internationals against Ireland and Pakistan.

The only moral factor that plays a part is whether the 24-year-old is eligible and, as he has an English father, a UK passport and plays for Sussex, he is, under revised residency rules. The make-up of international squads change constantly as better options present themselves. England need their strongest squad if they are to win a World Cup on home soil and 90mph bowlers do not grow on trees.

Archer was omitted from the initial squad this week but, if he carries on as he is going for the Rajasthan Royals in the Indian Premier League, there should be nothing stopping his promotion – moral or otherwise.

Golden Bear should sleep easy despite threat of lurking Tiger

TIGER WOODS' renewed pursuit of Jack Nicklaus' Major championship record apparently has the Golden Bear shaking in his boots after last weekend's famous Masters win.

If I were Nicklaus, I would not be losing too much sleep, however.

Woods' 15th Major win was a magical sporting moment and a warming human one as he choked back the tears while embracing his children beside the 18th green at Augusta.

The victory proved the former world No1 could still play great golf under the greatest pressure.

But the stars definitely aligned for Woods, with the field – and in particular Francesco Molinari – moving aside for him in the final round. Woods, 43, now needs to win four more Majors to overtake Nicklaus, which based on his career strike-rate in professional golf would take another six years.

And no one has won a Major at 49, let alone someone who cannot practise as much as he would like because of a ropy back that causes him to virtually live in an ice bath.

I couldn't watch,

Pochettino reveals torment in final City moments

By **Tony Banks**

MAURICIO POCHETTINO has revealed the turmoil that went through his mind in the seconds between Raheem Sterling scoring what looked like the winning goal for Manchester City, and VAR chalking it off.

The Tottenham manager was in the depths of despair for those few moments after England striker Sterling twisted to shoot past Hugo Lloris in injury time for the goal which City thought had put them through to the Champions League semi-finals.

But to the horror of the Etihad Stadium, referee Cuneyt Cakir consulted VAR, and City manager Pep Guardiola halted his celebrations and fell to his knees as the goal was ruled out for offside.

Seconds earlier, Pochettino had hurled his jacket and sweater in despair and slumped into his seat on the bench.

For those few seconds, it had been the worst moment of the Argentinian's coaching career.

"I didn't want to watch," he said. "In that moment I took off my jacket and jumper and threw them to the bench and then I went to my seat and thought very bad things.

"But then in that moment I heard my assistant manager Jesus Perez's voice say, 'Oh maybe it is offside – VAR are checking'. And in that moment I was alive again.

"It was a few seconds like this [puts his head in his hands]. It was so fast. There were a lot of bad feelings and bad ideas.

"In that moment, yes of course it was the lowest moment in my coaching career. Yes. Massive.

"It was going to be a massive situation emotionally. We for sure would have been very down. In that moment you start to think 'Why?' The action where Christian Eriksen played the ball back. I was thinking, 'Why not play forwards?'

"I was reviewing the action, the decision, how I was going to face the players, the fans, the press. All these things happened so quickly in my mind.

"It's amazing. When you are so down and then something you do not expect happens.

"It's amazing how quick things happen in your mind, different emotions and ideas." A video of the Spurs dressing room that circulated on social media after the game shows Pochettino striding in roaring in triumph as his players celebrate, throwing water about, and slapping his tactics whiteboard in triumph.

"I hope that no one puts that on social media! Because I saw a video someone recorded of celebrating in the dressing room.

"I hope that this is private!" he said with a smile. "We were very happy, we celebrated. It was normal. It was a fantastic moment

CHAMPIONS LEAGUE CLASSICS

MAY 1999

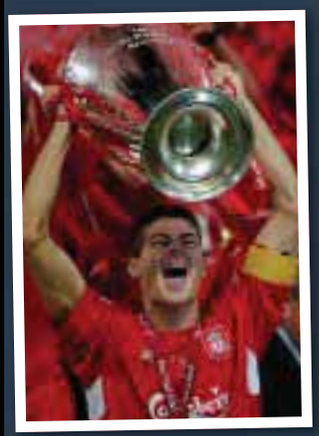
Manchester United 2 Bayern Munich 1

Teddy Sheringham and Ole Gunnar Solskjaer both struck in stoppage-time to overturn Mario Basler's early opener and grab the European title for United in exhilarating fashion.

APRIL 2004

Monaco 3 Real Madrid 1

Leading 4-2 from the first leg in Madrid, Real were expected to cruise through, and when Raul gave them a 1-0 lead in the second leg, their place in the semi-finals looked secure. But Fernando Morientes – on loan from Real – teed up Ludovic Giuly on the stroke of half-time, scored himself three minutes after the break and then Giuly swept home a brilliant flicked effort past Iker Casillas to give Monaco victory on away goals.



COMEBACK: Gerrard lifts trophy

MAY 2005

Liverpool 3 AC Milan 3

At 3-0 down in the final in Istanbul, Liverpool looked finished. They staged a magnificent comeback though, with goals from Steven Gerrard, Vladimir Smicer and Xabi Alonso taking the match to extra-time. Goalkeeper Jerzy Dudek was the penalty shoot-out hero as Rafael Benitez led Liverpool to a stunning triumph.

MARCH 2017

Barcelona 6 PSG 1

Barcelona, 4-0 down from the first leg, trailed Paris Saint-Germain 5-3 on aggregate in the 88th minute of the return. But Neymar curled home an exquisite free-kick and converted a highly-dubious penalty 'won' by Luis Suarez to level the aggregate scores. Neymar then set up Sergi Roberto for the 95th-minute goal which turned the Nou Camp into a seething cauldron of delirium.

APRIL 2018

Roma 3 Barcelona 0

No one in their wildest dreams would have thought Barcelona could throw away a three-goal first-leg lead as they headed for Rome to play the second leg. But sloppy Barcelona defending allowed Edin Dzeko to strike early, Daniele de Rossi added a second-half penalty, and defender Kostas Manolas scored the crucial third goal, heading in at the near post with eight minutes remaining, to send the Italian club in to the semi-finals.

Now is the time for City to

HEAD SUPPORT: Guardiola consoles Ilkay Gundogan after Spurs defeat

By **Gideon Brooks**

DREAMS of winning the Quadruple turned to dust in Manchester City's hands in the most dramatic of circumstances in the Champions League on Wednesday.

But manager Pep Guardiola will this morning remind his players that those hands still have a firm grip on not only their Premier League destiny but the chance to make history with a domestic treble.

Opinion will continue to be divided on whether facing conquerors Spurs tomorrow lunchtime, so soon after Wednesday's low blow, presents opportunity or a possible banana skin given the psychology involved for both teams. There will clearly be difficulties – for Tottenham in prolonging such an impossible high and for Guardiola's side in picking themselves up after such a bitter disappointment.

But the City boss will tell his players there is still plenty to play for.

"We have to stand up and react," Guardiola said.

"We have fought for nine or 10 months in the Premier League and still we are there. It is in our hands."

With victory in the Carabao Cup already in the bag and a date with Watford waiting in the FA Cup final at Wembley on May 18 – a week after the regular season ends – the chance to set up a treble continues at the Etihad tomorrow.

If City can come through that first test there will be real confidence that a

Pictures: MIKE EGERTON, RICH LINLEY AND LAURENCE GRIFFITHS

then I was alive

GLORY, GLORY NIGHT: Pochettino celebrates with his players after Sterling's effort, right, is ruled out by VAR and, inset left, hugs Trippier in delight

ROOM WITH A PHEW: Passionate Pochettino in dressing room after triumph

and we were all together, massive happiness, sharing it all together.

"We realised there in the dressing room that it was a fantastic achievement for us, for the club."

Tottenham return to face Manchester City in the Premier League at the Etihad tomorrow in the lunchtime kick-off, and then begin preparations for their semi-final against Ajax, who astounded Europe this week by knocking out Cristiano Ronaldo's Juventus, after already dismissing Real Madrid in their last-16 tie.

But Pochettino refused to consider the moment a turning point for his club, who have stumbled too many times in recent years just as glory beckoned.

"I don't believe that," he said. "It was an amazing to achieve this, but there is still a lot of work to do for the club if we want to be in the level that we dream to be at.

"But of course the way we are doing this is the way to build your reputation. You build towards being one day at the level that you want."

This glory is deserved

FROM BACK PAGE

there that helps the people that work. You need to work to be rewarded."

City led 3-2 after 21 minutes at the Etihad, having lost 1-0 in London last week, and 4-2 when Sergio Aguero scored. VAR then played its part as Fernando Llorente's goal was allowed despite the suspicion of handball, while Raheem Sterling's injury-time goal was disallowed for offside, sending a delirious Spurs through.

Pochettino also hailed Tottenham's bold decision to move into their new stadium this month rather than wait until the end of the season. The manager, whose side return to City in the Premier League tomorrow, said: "You need to look back and assess the key decision taken by our chairman Daniel Levy to move to the new stadium. Nobody agreed with us – because why not finish at Wembley rather than move to another stadium?

"But being positive is the most important thing in football. Life is about taking risks. You have a clear idea that it is going to be good for you. We can now tell everyone the decision was right but, at the moment we took it, people were critical of us.

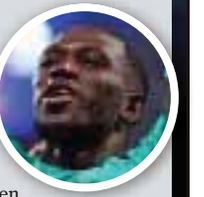
"It's easy to give an opinion but, in the end, you must believe in the decision. We can feel proud of our players, our fans, the staff. We are in the situation because we deserve to be."

I didn't know we'd made it

MOUSSA Sissoko did not realise Spurs had reached the semi-finals until a member of the coaching staff told him in the dressing room Manchester City's last-gasp goal had been disallowed.

With City leading 4-3 and the aggregate score 4-4 in favour of Spurs on away goals, Raheem Sterling's stoppage-time strike sparked wild celebrations before it was overruled by VAR with Sergio Aguero adjudged offside.

Sissoko, below, who went off injured in the first half, was so upset after Sterling scored he went down the tunnel to the dressing room.



"I was on the bench when I saw the goal that made it 5-3," he said. "I was so upset that I returned directly to the dressing room. I was alone, no one had accompanied me, no TV screen was broadcasting the game. In my head we were eliminated.

"Then one of the staff members entered the dressing room and told me, 'Incredible, we did it!' So I put on a T-shirt, I forgot about my injury and I ran outside to join the others, not to miss the celebrations for such a historic moment. It was an incredible, emotional shock."

Vertonghen Ajax fears

JAN VERTONGHEN is worried that former club Ajax could ruin his European dream.

The defender, who left the Dutch side to join Spurs in 2012, is set to reunite with Ajax in the Champions League semi-finals.

While Spurs will face West Ham the Saturday before the first leg, Ajax have a weekend off with games suspended for a national holiday.

Vertonghen, below, said: "I will sit down and read my texts and all the applications for tickets, and I will realise how big this game is.

"I know how good they are because I have watched every game.

"At the start in the Champions League they surprised everyone, but now it's not a surprise any more.

"They are of Champions League semi-final quality because knocking out both Real Madrid and Juventus is crazy.

"It will be an unbelievable battle between two positive sides."

JEREMY CROSS

stand up and be counted says Pep

programme freed up by the lack of Champions League participation may just swing the title race in their favour.

Liverpool have four league games remaining in their season – Cardiff away, Huddersfield at home, Newcastle away and Wolves at Anfield on the final day of the season.

But news of City's Champions League exit will have been met with mixed emotions on Merseyside, as the Reds now prepare to slot in two Champions League semi-final legs against Barcelona either side of the trip to St James' Park on May 5.

In contrast, City's league run-in now goes from the Etihad tomorrow to Old Trafford on Wednesday, followed by Burnley away, Leicester at home and Brighton away.

Forward Bernardo Silva agrees that if City can get their heads straight for the visit of Spurs they have the potential to get through to the end of the season on May 12 with the upper hand.

"Obviously we are very disappointed but we will have to forget about it and go for the competitions we are still in," he said. "This is not time for revenge [against Spurs]. It is time for another competition, time to keep us alive in the title race." Since the League Cup was inaugurated in 1960-61, the league and FA Cup Double has been achieved nine time – by Manchester United and Arsenal three times each, Tottenham, Liverpool and Chelsea. City are attempting to become the first to clinch a domestic treble.

❑ MANCHESTER CITY players have clubbed together to fund 26 coaches for fans to travel to Wembley for the FA Cup final in May as a thank you.

"The support from our fans throughout the season has been nothing short of incredible," said captain Vincent Kompany.

POSITIVE VIBES: Bernardo Silva says there is still plenty for City to play for

Football should follow other sports on VAR to take the pressure off referees

Neil SQUIRES

DON'T MISS OUR NEW COLUMN: SEE PAGE 69

CHELSEA 4-3 S PRAGUE
CHELSEA WIN 5-3 ON AGGREGATE

NAPOLI 0-1 ARSENAL
ARSENAL WIN 0-3 ON AGGREGATE

Blues and Gunners stay on final collision course

By **Simon Cass**

CHELSEA survived a second-half Slavia Prague fightback to book a Europa League semi-final place.

Maurizio Sarri's side were cruising after Pedro and a comical Simon Deli own-goal made it 2-0 inside 10 minutes. Olivier Giroud added a third before Slavia pulled one back through Tomas Soucek's header, only for Pedro to immediately hit back.

But Slavia ensured a nervy finish at Stamford Bridge thanks to Petr Sevcik's quickfire double early in second half, with Chelsea eventually progressing.

They will face Eintracht Frankfurt in the final four while Arsenal will take on Valencia after seeing off Napoli. Unai Emery's side took a 2-0 lead to Italy and any fears of a comeback were extinguished when Alexandre Lacazette fired home a superb 30-yard free-kick in the 36th minute.

LIFT OFF: Giroud is embraced by Pedro after scoring

SMART ALEX: Arsenal celebrate Lacazette's brilliant free-kick

SEMI-FINALS
ARSENAL v VALENCIA
FRANKFURT v CHELSEA
Ties played on May 2 and 9
Final: May 29 (Baku)

Destiny call for Mauricio

By **Tony Banks**

MAURICIO POCHETTINO believes a sense of destiny is driving Tottenham's Champions League ambitions – but insists hard work and tough decisions are backing it up.

Spurs defeated Manchester City on Wednesday in an extraordinary match, losing 4-3 on the night but going through on away goals to set up a semi-final with Ajax.

"Back in November this was not our destiny," said Pochettino. "At the beginning of the season nobody believed that destiny was going to reward us. Five years ago nobody believed we would be here.

"Of course, I believe – but you need to work, to have the option to be rewarded. There is an energy

TURN TO PAGE 71, COLUMN 3

Tunnel denial from Barton

JOEY BARTON "emphatically" denies all allegations made against him following Fleetwood's defeat at Barnsley.

Tykes striker Cauley Woodrow tweeted – later deleted – that Fleetwood manager Barton had allegedly confronted Barnsley boss Daniel Stendel after the game on Saturday.

South Yorkshire Police are investigating an incident in the tunnel at Oakwell, and have bailed a man who was arrested on suspicion of racially aggravated offences.

"With regards to the alleged incident on Saturday following our game against Barnsley, I emphatically deny all the allegations made," Barton posted on Twitter. "Given this matter has not been formally closed, it would be inappropriate for me to make any further comment."

PLAYERS' RACISM BOYCOTT

PFA plead for action to stop ongoing abuse

By **Darren Lewis**

THE PFA have urged footballers in England and Wales to boycott social media for 24 hours in response to an ongoing racism crisis.

The players' union have called for action from social media networks and football authorities after Manchester United defender Ashley Young became the latest player racially abused on Twitter.

A PFA statement said: "The boycott acts as a show of unity by the players and a call for stronger

TURN TO PAGE 68, COLUMN 4

ENOUGH IS ENOUGH: Watford captain Troy Deeney is one player who has faced abuse

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